

Glycemic Index Food

Fruits

Low Glycemic Index (55 or less) Choose Most Often	Medium Glycemic Index (56 to 69) Choose Less Often	High Glycemic Index (70 or more) Choose Least Often
<ul style="list-style-type: none"> Apple Apricot (Fresh, Dried) Banana (Green, Unripe) Berries Cantaloupe Grapefruit Honeydew Melon Mango Orange Peach Pear Plum Pomegranate Prunes 	<ul style="list-style-type: none"> Banana (Ripe, Yellow) Cherries (Bottled) Cherries (Fresh) Cranberries (Dried) Figs (Fresh, Dried) Grapes Kiwi Lychee Pineapple Raisins 	<ul style="list-style-type: none"> Banana (Brown, Overripe) Watermelon
Additional foods:	Additional foods:	Additional foods:
1.	1.	1.
2.	2.	2.
3.	3.	3.

Milk, Alternatives and Other Beverages

Low Glycemic Index (55 or less) Choose Most Often	Medium Glycemic Index (56 to 69) Choose Less Often	High Glycemic Index (70 or more) Choose Least Often
<ul style="list-style-type: none"> Almond Milk Cow Milk (Skim, 1%, 2%, Whole) Frozen Yogurt Greek Yogurt Soy Milk Yogurt (Skim, 1%, 2%, Whole) 		<ul style="list-style-type: none"> Rice Milk
Additional foods:	Additional foods:	Additional foods:
1.	1.	1.
2.	2.	2.
3.	3.	3.

Meat and Alternatives

Low Glycemic Index (55 or less) Choose Most Often	Medium Glycemic Index (56 to 69) Choose Less Often	High Glycemic Index (70 or more) Choose Least Often
<ul style="list-style-type: none"> Baked Beans Chickpeas Kidney Beans Lentils Mung Beans Romano Beans Soybeans/Edamame Split Peas 	<ul style="list-style-type: none"> Lentil Soup (ready-made) Split Pea Soup (ready-made) 	
Additional foods:	Additional foods:	Additional foods:
1.	1.	1.
2.	2.	2.
3.	3.	3.

Grains and Starches

Low Glycemic Index (55 or less) Choose Most Often	Medium Glycemic Index (56 to 69) Choose Less Often	High Glycemic Index (70 or more) Choose Least Often
Breads: <ul style="list-style-type: none"> Heavy Mixed Grain Breads Spelt Bread Sourdough Bread Tortilla (Whole Grain) Cereal: <ul style="list-style-type: none"> All-Bran™ Cereal All-Bran Buds™ With Psyllium Cereal Oat Bran Oats (Steel Cut) Grains: <ul style="list-style-type: none"> Barley Bulgur Mung Bean Noodles Pasta (Al Dente, Firm) Pulse Flours Quinoa Rice (Converted, Parboiled) Other: <ul style="list-style-type: none"> Peas Popcorn Sweet Potato Winter Squash 	Breads: <ul style="list-style-type: none"> Chapati (White, Whole Wheat) Flaxseed/Linseed Bread Pita Bread (White, Whole Wheat) Pumpernickel Bread Roti (White, Whole Wheat) Rye Bread (Light, Dark, Whole Grain) Stone Ground Whole Wheat Bread Whole Grain Wheat Bread Cereal: <ul style="list-style-type: none"> Cream of Wheat™ (Regular) Oats (Instant) Oats (Large Flake) Oats (Quick) Grains: <ul style="list-style-type: none"> Basmati Rice Brown Rice Cornmeal Couscous (Regular, Whole Wheat) Rice Noodles White Rice (Short, Long Grain) Wild Rice Other: <ul style="list-style-type: none"> Beets* Corn French Fries Parsnip Potato (Red, White, Cooled) Rye Crisp Crackers (e.g. Ryvita Rye Crispbread™) Stoned Wheat Thins™ Crackers 	Breads: <ul style="list-style-type: none"> Bread (White, Whole Wheat) Naan (White, Whole Wheat) Cereal: <ul style="list-style-type: none"> All-Bran Flakes™ Cereal Corn Flakes™ Cereal Cream of Wheat™ (Instant) Puffed Wheat Cereal Rice Krispies Cereal Special K™ Cereal Grains: <ul style="list-style-type: none"> Jasmine Rice Millet Sticky Rice White Rice (Instant) Other: <ul style="list-style-type: none"> Carrots* Potato (Instant Mashed) Potato (Red, White, Hot) Pretzels Rice Cakes Soda Crackers
Additional foods:	Additional foods:	Additional foods:
1.	1.	1.
2.	2.	2.
3.	3.	3.

