

# ***Low Glycemic Eating Diet Plan***

## ***Low glycemic carbs***

100% whole, unprocessed grains

- Quinoa
- Barley, farro, ancient grains
- Brown rice
- Sprouted grains
- Whole grain pasta cooked al dente

All raw vegetables

Most cooked vegetables

Most fruits

Sea vegetables, like seaweed

Sweet potatoes

Yams

Small potatoes with skin on

Whole rolled or steel cut oats

Kashi Go-Lean cereal

Most whole, close to nature foods

## ***High glycemic carbs***

White carbs

- White bread
- White rice
- White flour
- White tortillas
- White pasta
- Enriched flour

Cooked corn

Cooked carrots

Potatoes

Fruit juice

Bananas

Pineapple

Mango

Watermelon

Corn tortilla chips

Potato chips

Most crackers

Instant oatmeal

Most cereals

Most instant and highly processed foods