

LOW GLYCEMIC FOODS

Fruits

- Apple
- Apricot
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dates
- Figs
- Grapes
- Grapefruit
- Guava
- Honeydew
- Nectarine
- Nopal
- Orange
- Papaya
- Peach
- Pear
- Prunes
- Raspberries
- Strawberries
- Watermelon

Drinks

- Coffee, no sugar
- Dairy Milk
- Plant Milks (except oat)
- Stevia-sweetened sodas
- Tea, no sugar
- Water

Non-starchy vegetables

- Artichoke
- Arugula
- Asparagus
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Broccoli rabe
- Brussel sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chayote
- Cucumber
- Daikon
- Edamame
- Eggplant
- Endive
- Fennel
- Garlic
- Greens (all leafy greens)
- Green beans
- Hearts of palm
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuces
- Mushrooms
- Nopal
- Okra
- Onion (all)
- Pea pods
- Peppers
- Pumpkin
- Radicchio
- Radish
- Rhubarb
- Rutabaga
- Spaghetti squash
- Spinach
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomatillo
- Tomato
- Turnip
- Watercress
- Yellow squash
- Zucchini

Others

- Beans & Legumes
- Chickpea, Lentil, & Edamame Pasta
- Dairy Products (no-sugar-added)
- Mayonnaise
- Tofu Products
- Sweet Potato, boiled
- Potato, served cold
- Vinegar

Animal Proteins

- All Animal Meats
- Beef
- Bison
- Chicken
- Deer
- Eggs
- Fish & Seafood
- Lamb
- Pork
- Quail
- Turkey

Fats

- Avocado
- Butter
- Coconut
- Cooking Oils
- Nuts & Nut Butters
- Olives
- Seeds & Seed Butters

Grains

- Barley
- Brown Rice
- Durum Wheat
- Israeli Couscous
- Quinoa
- Whole Wheat varieties