

Low-glycemic shopping list

Following a low-glycemic load diet can be easy when you have the right foods on hand, so use this list to fill your kitchen with healthy choices.

FRUITS

- Apples
- Apricots
- Berries
- Cherries
- Clementines
- Grapes
- Grapefruit
- Kiwi
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums

VEGETABLES

- Artichoke
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Eggplant
- Green beans
- Lettuce
(except iceberg)
- Mushrooms
- Okra
- Onions
- Peppers
- Snow peas or
sugar-snap peas
- Spinach
- Summer squash
- Tomatoes
- Turnip
- Zucchini

DAIRY, EGGS

- Plain yogurt, regular
or 2% fat
- American
- Cheddar
- Cottage cheese
- Feta
- Mozzarella
- Ricotta
- Snack-sized cheese
(string, Laughing
Cow® wedges or
Mini Babybel)
- Swiss
- Regular eggs,
egg whites,
egg substitute
(Egg Beaters® or
other brands)

MEAT

- Chicken breast
- Turkey breast
- Turkey sausage
- Pre-cooked/
sliced chicken
- Clams
- Cod
- Crabs
- Crawfish
- Haddock
- Lobster
- Salmon
- Sardines
- Scallops
- Shrimp
- Squid
- Tuna

CANNED FOODS

- Artichoke hearts
- Beans (black, pinto,
garbanzo, etc.,
no added sugars)
- Fruit (unsweetened)
- Green chilies
- Olives
- Roasted red peppers
- Salmon
- Sardines
- Soup
- Tomatoes
- Tuna
- Water chestnuts
- Wax beans

GRAINS

- Barley
- Brown rice
- Couscous (whole wheat)
- Millet
- Pasta in various shapes/sizes
(prepared from dry noodle, not canned)
- Quinoa

STONE GROUND WHOLE GRAIN BREAD

- Pumpernickel
- Rye
- Whole wheat

CRACKERS/BREAD PRODUCTS

- Ak-Mak®
 - Triscuits®
 - Finn Crisp®
 - Ry-Crisp®
 - Joseph's Lavash®
 - Tortillas (6" only)
 - Whole wheat mini pita pockets
- * Look for 3 g of fiber/serving

SEASONINGS

- Chili seasoning
- Herbs (fresh or dried)
- Hot sauces
- Pepper
- Soy sauce
- Tomato sauce
- Worcestershire sauce

CONDIMENTS

- Jams, jellies
(with fruit as the
first ingredient)
- Mayonnaise
- Mustards
- Sour cream
- Salsa
- Oil-based
salad dressings

OILS AND VINEGARS

- Canola oil
- Olive oil
- Peanut oil
- Safflower oil
(“high oleic”)
- Sesame oil
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar

SPREADS

- Almond butter
- Cashew butter
- Guacamole
- Hummus
- Peanut butter

MISCELLANEOUS

- Tofu, tempeh and
other soy products
- Dried fruit
- Nuts (almonds,
cashews, walnuts,
peanuts, pistachio)
- Seeds (pumpkin,
sunflower, sesame)

BEVERAGES

- Water

- Milk (1% or 2%)

- Unsweetened seltzer, mineral water
or soda water with fruit essence
(lemon, lime or orange)