

# Low Glycemic Index Food

## Grains and Starches

**Low Glycemic Index  
(55 or less)  
Choose Most Often**

### Breads:

Heavy Mixed Grain Breads  
Spelt Bread  
Sourdough Bread  
Tortilla (Whole Grain)

### Cereal:

All-Bran™ Cereal  
All-Bran Buds™  
With Psyllium Cereal  
Oat Bran  
Oats (Steel Cut)

### Grains:

Barley  
Bulgur  
Mung Bean Noodles  
Pasta (Al Dente, Firm)  
Pulse Flours  
Quinoa  
Rice (Converted, Parboiled)

### Other:

Peas  
Popcorn  
Sweet Potato  
Winter Squash

## Meat and Alternatives

**Low Glycemic Index  
(55 or less)  
Choose Most Often**

Almond Milk  
Cow Milk  
(Skim, 1%, 2%, Whole)  
Frozen Yogurt  
Greek Yogurt  
Soy Milk  
Yogurt (Skim, 1%, 2%, Whole)

## Fruits

**Low Glycemic Index  
(55 or less)  
Choose Most Often**

Apple  
Apricot (Fresh, Dried)  
Banana (Green, Unripe)  
Berries  
Cantaloupe  
Grapefruit  
Honeydew Melon  
Mango  
Orange  
Peach  
Pear  
Plum  
Pomegranate  
Prunes

## Milk, Alternatives and Other Beverages

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Baked Beans  
Chickpeas  
Kidney Beans  
Lentils  
Mung Beans  
Romano Beans  
Soybeans/Edamame  
Split Peas

