

# Low Glycemic Index Food List

Low GI Foods	Moderate GI Foods	High GI Foods
<p><b>Breakfast Cereals:</b>  All Bran      All Bran Fruit' n Oats  Fiber One    Oat Bran  Oatmeal(not instant)</p> <p><b>Fruits and Fruit Juices: (Limit 1-2 Fruits/day)</b>  Apples,            Apple juice  Apricots           Blackberries  Blueberries       Cherries  Cranberries       (not dried)  Grapefruit        Grapefruit juice  Peaches            Pears Prunes  Plums              Raspberries  Tangerine         Strawberries  Tomato juice</p> <p><b>Beans and Legumes:</b>  black eyed peas, butter beans  chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus</p> <p><b>Non- starchy vegetables :</b>  asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips.</p> <p><b>Grains:</b>  barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta</p> <p><b>Nuts, olives and oils:</b>  almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid at room temperature</p> <p><b>Dairy, fish, meat, soy and eggs:</b>  skim milk, soy milk, almond milk, lowfat cheese, yogurt (lowfat or greek) lean red meat, fish, skinless chicken and turkey, shellfish, egg whites, egg yolks( up to 3/week) soy products, Egg Beaters</p>	<p><b>Breakfast cereals:</b>  Bran Buds            Bran Chex  Just Right            Mini Wheats  Special K              Swiss Museli</p> <p><b>Fruits:</b>  Banana (under ripe)    figs  grapes                    kiwi  Mango                    oranges  raisins  Cranberry juice, orange juice</p> <p><b>Beans and legumes:</b>  boston type baked beans  canned pinto, kidney or navy beans, green peas</p> <p><b>Vegetables:</b>  beets, carrots, Sweet potato, yam, corn on the cob</p> <p><b>Breads:</b>  pita pocket              oat bran bread  pumpernickel bread    rye bread  wheat bread              high fiber bread</p> <p><b>Grains:</b>  cornmeal  brown and white rice  couscous</p> <p><b>Pasta:</b>  macaroni  ravioli (meat filled)  pizza (cheese)  spaghetti (white)</p> <p><b>Nuts:</b>  cashews  macadamia</p> <p><b>Snacks:</b>  chocolate  muffins  low fat ice cream  popcorn</p>	<p><b>Breakfast cereals:</b>  Cheerios              Corn Flakes  Corn Chex            Cream of wheat  Grape Nuts            Grape Nut Flakes  Grits                    Puffed wheat and rice  Rice Chex              Rice Krispies  Raisin Bran            Shredded Wheat  Total</p> <p><b>Fruits:</b>  Dried Dates            Pineapple  Watermelon            Over ripe bananas</p> <p><b>Beverages:</b>  soda, sweet tea, pineapple juice</p> <p><b>Vegetables:</b>  potato, baked, broiled, fried, mashed, french fries  canned or frozen corn, parsnips, winter squash</p> <p><b>Breads:</b>  most breads (white and whole grain), baguette, bagels, bread sticks, Kaiser roll, dinner roll</p> <p><b>Grains:</b>  rice, instant, tapioca</p> <p><b>Snacks:</b>  candy, crackers, chips, cookies, syrups, jelly, jam Donuts, corn chips, tortilla chips, pretzels, jelly beans, rice crackers, pastries, cakes, nutragrain bars, Pop tarts.</p> <p><b>Restaurant and Ethnic Foods:</b>  Most Chinese food (sugar in stir fry sauces)  Teriyaki meats and vegetables, Fried rice</p> <p>Mexican foods with white rice, tortilla, etc</p> <p>Any foods with white sugar or white flour</p>