

## 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)