

Food	Serving Size Ounces	Glycemic Load	Cal/ Serving	High in Typtophan
Chickpea hummus dip	1.1	1	11.60	*
Cantaloupe	4.2	4	24.00	
Watermelon	4.2	4	24.00	
Blueberries	3.5	5	26.48	
Strawberries/raspberries	4.2	1	31.73	
Raw carrots	2.8	2	32.23	
Pineapple	4.2	6	38.29	
Tomato juice (no sugar added)	8.5	4	42.25	
Lean Meats (Chicken, Turkey)	1.5	0	45.00	*
Mandarin orange	4.2	4	48.00	
Orange	4.2	4	48.00	
Canned peach in juice	4.2	4	48.00	
Canned Mandarin segments in juice	4.2	6	48.65	
V8 juice	8.5	4	49.29	
Kiwi	4.2	7	54.56	
CocoaVia choc covered almonds	1.1	2	55.44	*
Apricot	4.2	3	58.46	
Skim milk	8.5	4	66.54	*
Apple	4.2	6	72.00	
Hershey Smartzone bars	1.8	3	72.00	
Canned vegetable soup made w/ water	8.5	5	76.05	
Nestlé's Quik	8.5	5	80.00	*
Peanuts	1.8	0	93.49	*
Swiss Cheese	1.0	0	95.00	*
1/2 Hard-boiled Egg	2.4	0	105.50	*
Cheddar Cheese	1.0	0	114.16	*
Gruyere Cheese	1.0	0	116.95	*
Yoplait Light	7.1	10	117.50	*
Low fat soy milk	8.5	4	126.75	
Roasted and salted mixed nuts	1.8	4	127.49	*
Flavored mousse	1.8	4	131.21	*
Mixed nuts with raisins	1.8	3	139.71	*
Vanilla or choc instant pudding	3.5	6	153.38	*
Canned baked beans	5.3	6	156.06	*