

Low GI Foods (20-49)	Moderate GI Foods(50-69)	High GI Foods : (70-100)
<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>