

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

Additional foods:

1. _____
2. _____
3. _____

Medium Glycemic Index (56 to 69) Choose Less Often

Breads:

Chapati (White, Whole Wheat)
Flaxseed/Linseed Bread
Pita Bread (White, Whole Wheat)
Pumpnickel Bread
Roti (White, Whole Wheat)
Rye Bread
(Light, Dark, Whole Grain)
Stone Ground Whole
Wheat Bread
Whole Grain Wheat Bread

Cereal:

Cream of Wheat™ (Regular)
Oats (Instant)
Oats (Large Flake)
Oats (Quick)

Grains:

Basmati Rice
Brown Rice
Cornmeal
Couscous
(Regular, Whole Wheat)
Rice Noodles
White Rice (Short, Long Grain)
Wild Rice

Other:

Beets*
Corn
French Fries 
Parsnip
Potato (Red, White, Cooled)
Rye Crisp Crackers
(e.g. Ryvita Rye Crispbread™)
Stoned Wheat Thins™
Crackers

Additional foods:

1. _____
2. _____
3. _____

High Glycemic Index (70 or more) Choose Least Often

Breads:

Bread (White, Whole Wheat)
Naan (White, Whole Wheat)

Cereal:

All-Bran Flakes™ Cereal
Corn Flakes™ Cereal
Cream of Wheat™ (Instant)
Puled Wheat Cereal
Rice Krispies™ Cereal
Special K™ Cereal

Grains:

Jasmine Rice
Millet
Sticky Rice
White Rice (Instant)

Other:

Carrots*
Potato (Instant Mashed)
Potato (Red, White, Hot)
Pretzels
Rice Cakes
Soda Crackers

Additional foods:

1. _____
2. _____
3. _____