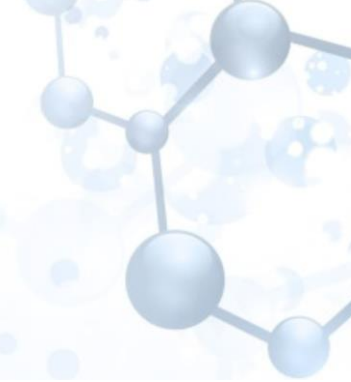


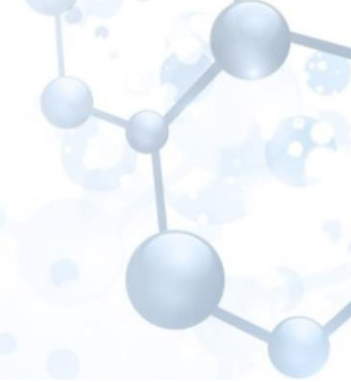
# Low Glycemic Food List



<p><b>Legumes:</b> average serving size = 1/2 cup or as indicated (<b>1 serving = 110 calories</b>)</p> <ul style="list-style-type: none"><li>• Split peas, sweet green peas, lentils</li><li>• Beans – garbanzo, pinto, fat-free refried, kidney, black, lima, cannellini, navy, mung, green soy beans</li><li>• Hummus (1/4 cup)</li><li>• Bean soups, 3/4 cup</li></ul>	<p><b>Nuts and Seeds:</b> serving size as indicated (<b>1 serving = 100 calories</b>)</p> <ul style="list-style-type: none"><li>• Almonds, or hazelnuts, 10-12 whole nuts</li><li>• Walnut or pecan halves, 7-8</li><li>• Peanuts, 18 nuts or 2 Tbsp.</li><li>• Pistachios, sunflower, pumpkin, sesame seeds, 2 Tbsp.</li><li>• Nut butter, 1 Tbsp. made from above nuts</li></ul>
<p><b>Category 1 Vegetables: Servings: Unlimited</b></p> <ul style="list-style-type: none"><li>• Asparagus</li><li>• Artichokes</li><li>• Bamboo shoots</li><li>• Bean sprouts</li><li>• Bell or other peppers</li><li>• Broccoli</li><li>• Brussels sprouts</li><li>• Cauliflower</li><li>• Celery</li><li>• Cucumber/dill pickles</li><li>• Cabbage (all types)</li><li>• Chives, onion, leeks, garlic</li><li>• Greens: bok choy, escarole, Swiss chard, kale, collard greens, watercress, spinach, dandelion, mustard, or beet greens</li><li>• Lettuce/mixed greens – romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory</li></ul>	<p><b>Fruit:</b> <b>(1 serving = 80 calories)</b></p> <ul style="list-style-type: none"><li>• Apple, 1 med</li><li>• Apricot, 3 med</li><li>• Berries: blackberries &amp; blueberries, 1 cup; raspberries strawberries, 1 1/2 cups</li><li>• Cherries, 15</li><li>• Fresh figs, 2</li><li>• Grapes 15</li><li>• Grapefruit 1 whole</li></ul>



# Low Glycemic Food List



## Category 1 Vegetables: Servings: Unlimited (cont.)

- Salsa (sugar-free)
- Sea vegetables (kelp, etc.)
- Tomato or mixed vegetable juice
- Eggplant
- Green beans
- Mushrooms
- Okra
- Radishes
- Snow peas
- Sprouts
- Tomatoes
- Water chestnuts, 5 whole
- Zucchini, yellow, summer, or spaghetti squash

## Dairy: average serving size = 6 oz.

### (1 serving =80 calories)

- Low-fat yogurt, plain, 100g
- Fat-free yogurt, plain, 100g
- Soy milk, plain
- Buttermilk
- Non-fat, 1% or 2% fat milk

## Category 2 Vegetables: average serving size = 1/2 cup or as indicated. (1 serving = 45 calories)

- Carrots, 2 med. raw or 12 baby; 1/2 cup cooked
- Rutabaga, parsnips, turnips, 1/3 cup cooked
- Beets, winter squash (acorn or butternut)
- Sweet potatoes or yams, 1/2 medium baked
- Yukon Gold potato, 1/2 medium

## Oils: average serving size = 1 tsp. or as indicated (1 teaspoon = 40 cal.)

- Flax seed oil (keep refrigerated)
- Extra virgin olive, canola and walnut oils
- Mayonnaise made with canola or grapeseed oil
- Olives, 8 –10 medium
- Avocado, 1/4



# Low Glycemic Food List



<p><b>Concentrated Protein Sources:</b> (75g = 1 serving = 150 calories)</p> <p>Meat, poultry, and fish should be grilled, baked, roasted, and fish can also be poached</p> <ul style="list-style-type: none"> <li>• Eggs, 2 whole eggs or 3 egg whites plus 1 whole egg</li> <li>• Egg substitute, 2/3 cup</li> <li>• Fish, including shellfish, 3 oz fresh or 3/4 cup water-canned</li> <li>• Poultry: chicken or turkey</li> <li>• Leg of lamb, lean cut</li> <li>• Beef, very lean</li> <li>• Low fat cottage cheese, 3/4 cup</li> <li>• Ricotta, part skim or nonfat, 1/2 cup</li> <li>• Mozzarella, part skim or nonfat, 2 oz. or 1/2 cup (shredded)</li> <li>• Parmesan cheese, 2 Tbsp grated = 1/2 serving</li> <li>• Tofu (fresh), 8 oz or 1 cup or 100g (baked)</li> <li>• Tempeh, 3 oz or 1/2 cup</li> <li>• Soy or veggie burger, 100g</li> <li>• TVP (soy protein concentrate), 1/3 cup = 1/2 serving</li> </ul>	<p><b>Whole Grains:</b> Average serving size: 1/2 cup cooked or as indicated. (1 serving =75-100 calories)</p> <ul style="list-style-type: none"> <li>• Amaranth, teff, and quinoa</li> <li>• Basmati and other brown rice, wild rice</li> <li>• Bulgur (cracked wheat)</li> <li>• Barley, Buckwheat groats, or millet</li> <li>• Whole oats, raw, 1/3 cup; cooked oatmeal 3/4 cup</li> <li>• Whole wheat, spelt or kamut berries</li> <li>• 100% whole wheat, spelt, or kamut pasta</li> <li>• Whole grain rye crackers, 3 each (e.g. Ryvita, Sesame</li> <li>• Rye; WASA, Lite Rye; or Fiber Wheat</li> <li>• Bread: mixed whole grain or 100% whole rye, 1 slice</li> <li>• Whole wheat tortilla or pita, 1/2</li> <li>• Low-carb tortilla, 2 small or 1 large</li> </ul>
<p><b>Beverages:</b></p> <p>Decaffeinated herbal or green tea, decaffeinated coffee, water, seltzer, plain or flavored.</p>	<p><b>Condiments:</b></p> <p>Cinnamon, mustard, horseradish, tamari soy sauce, vinegar, lime, lemon, flavored extracts (e.g., vanilla or almond), other herbs/spices, stevia, agave nectar</p>

