

# List of Low Glycemic Foods

On this list the low glycemic carbs that are carb dense and would therefore have a high glycemic load have an asterisk \*after them. Don't eat more than 1 serving per meal and for most people no more than 2 servings a day.

## Fruit

Apple	Kiwi
Applesauce, unsweetened	Lemon
Blueberries	Lime
Blackberries	Mandarin oranges
Boysenberries	Nectarine
Raspberries	Orange
Gooseberries	Peach
Strawberries	Pear
Casaba melon	Persimmon
Honeydew melon	Plum
Cherries	Pomegranate
Figs, fresh	Tangerine
Grapes	Tangelo
Grapefruit	

Mangos and papayas could be low glycemic if they are not over ripe. These fruits canned in water with no sugar added are low glycemic. No more than 1/2 cup unsweetened 100% pure fruit juice mixed with water (pulp lowers glycemic response.)

## Vegetables

Artichoke	Leeks
Arugula	Lettuces
Asparagus	Mushrooms
Avocado	Okra
Beans, garbanzo	Onions
Beans, lime	Olives
Bean sprouts	Peas, dried, green or split
Black eyed peas	Pickles
Broccoli	Radishes
Brussels sprouts	Sauerkraut
Cabbage	Scallions
Cauliflower	Snow peas
Celery	Spinach
Collard greens	Squash, summer yellow
Eggplant	Sweet potatoes, yams
Endive	Tomatoes
Escarole	Turnip greens
Bell peppers, red, yel, gre	Water chestnuts
Kale	Watercress
Kohlrabi	Zucchini

Beets, carrots and winter squash are nutrient dense and are not starchy vegetables.

Beets have a moderate index. All other vegetables are low glycemic and can and should be consumed as juice.

Half your plate should be vegetables and fruits each meal

100% whole grain breads\* - The more whole grains and seeds in the bread the lower the index.

Sprouted grain breads (some brands are Ezekiel, Alvarado St. Bakery, Food for Life - available in natural food stores or on the internet.)\*

Sprouted grain tortillas (same)\*

100% wholewheat tortillas\*

100% whole grain cereals\* hot and cold (no sugar or additives added, made out of the whole grain like bran, muesli, buckwheat.)\*

Oatmeal\*

Pastas\*

Quinoa pasta (high protein)\*

Barilla pasta (yellow box is high protein)\*

All dry pasta is low glycemic but the high protein and whole grain pastas have an even lower glycemic index. Do not overcook.

## **Whole Grains\***

Barley\*

Quinoa\*

Bulgur\*

Buckwheat kasha\*

Rye\*

100% whole wheat flour and products made with unrefined, unprocessed whole wheat.\*

100% whole grain pancake mixes\* may be low glycemic

Rice is generally high glycemic but if you can find parboiled, high amylose rice this one has the lowest index. Amylose is the type of starch in the rice and it is soluble. You don't want sticky rice. Using a rice cooker helps. Also chilled rice as in rice rolls makes it resistant starch and a lower glycemic index. \*

## **Animal Products**

Eggs from free range chickens are best.

Fish

Chicken

Turkey

Wild game

Beef free range, grass fed is best.

Lamb

Pork

Dairy products (with no added sugar or high glycemic additives) yogurt, kefir, sour cream, cream cheese, crème fraîche, cheeses, milk, cream, buttermilk.

Beans (except for fava and broad beans) \*

Nuts (unsalted is best for weight management and to avoid excess sodium,) 7 nuts is a serving and for weight management no more than 2 servings a day at different meals is best.

Nut and seed milks that are unsweetened like almond milk, coconut milk, hazelnut milk, hemp seed milk.

Soy milk is high glycemic unless you buy unsweetened.

Seeds (a few salted ok in a salad but best unsalted for snacking,) pumpkin, sesame, sunflower, chia, hemp.

Nut and Seed Butters

Peanut butter

Almond butter

Cashew butter

Tahini (sesame seed butter)

All nut butters are low glycemic but only if they are 100% nuts or seeds with no added sugar or high glycemic additives.

## **Oils**

Cold pressed olive oil

Expeller pressed coconut oil

Unrefined, cold pressed seed and nut oils

Butter

## **Sweeteners**

Coconut palm sugar

Truvia

Stevia

Agave syrup

Erythritol

Xylitol.

Spices and seasonings with no sugar or high glycemic additives.

Salsa, taco and picante sauce are low glycemic unless they contains high glycemic additives.

Salad dressings when made without sugar or high glycemic additives.

Make your own or order just vinegar and oil in a restaurant. Restaurants always use dressings with high glycemic preservatives because they need the shelf life.

Coffee and tea can be high glycemic because caffeine increases insulin secretion. If they have high antioxidant content they could be low glycemic. Look for specifically formulated coffees and drink green tea made from tea leaves.

Jams and jellies are low glycemic if they are made from low glycemic fruits and have no added sugar or high glycemic additives.

3Proteins and fats are low glycemic. However, eating too much animal protein at a meal can raise blood sugar. One serving of protein is enough for one meal. The healthiest proteins for people are plant proteins, like nuts, seeds, nut butters, seed butters, legumes, whole grains and soy beans.

The healthiest animal proteins are eggs, dairy products (unsweetened, low fat) fish, poultry and wild game.