

High GI Foods

Beans

Fava(broad beans)

Beans(canned)

Baked beans with pork

Refried beans

Beverages

Alcoholic drinks Fruit drinks Milk(whole)
Regular soft drinks sweetened fruit juice

regular coffee

Breads

Bagels
Doughnuts
Melba toast
Stuffing

Baguettes/croissants
Hamburger buns
Muffins
Tortillas

Cornbread
Hot dog buns
Pancakes/waffles Pizza
Whitebread

Crispbreads
Kaiser rolls

Cereals

All cold cereals except the low/medium gi
Instant/quick cook oatmeal

Granola

Muesli(commercial)

Cereal grains

Almond flour
rice cakes
polenta
couscous
Croutons
Rice noodles

Rice(short gain, white, instant)
amaranth
Millet

Condiments/seasonings

Croutons

Mayonnaise

Ketchup

tartar sauce

Dairy

Cheese
Cream
Milk(whole/ 2 %)sour cream
almond milk

chocolate milk
Cream cheese
Rice milk

Cottage cheese(whole/2%)
goat's milk
Yogurt(whole/ 2 %)
Evaporated milk

Fats/oils/dressings

Butter
Mayonnaise
Tropical oils

coconut oil
palm oil
Vegetable shortening

Hard margarine lard
Salad dressings(regular)

Fruits-fresh

Cantaloupe
Kumquats

Dates
Melons

Honeydew melon
watermelon

Fruits-bottled, canned, frozen, dried

All canned fruit in syrup
Most dried fruit

apple sauce(sweetened)
raisins

Fruit spreads

Regular fruit spreads

Fruit juices

Fruit drinks
Watermelon

sweetened juices

Prune

High GI Foods

Meat, poultry, fish, eggs, and tofu

Bacon	Beef(short ribs, brisket, regular ground)
Boiled ham	bologna
Chicken/turkey(breast/thigh/wing/ with skin), roasters/stewing light/dark with skin	
Duck	Fish and shellfish(breaded/fried)
Goose	Hamburgers
Hot dogs	Lamb rack
Offal	Organ meats
Pastrami(beef)	Pate
Pork(blade back ribs, spare ribes, cured)	
Regular eggs	Ground beef with more than 10% fat
Salami	Sausages