

Low GI choices

Beans

Black	Black eyed	Butter	Chickpeas	Edamame	Navy
Italian	Kidney	Lentils	Lima	Mung	Pigeon
Pinto	Romano	Soy	Split peas		

Beans(canned)

Baked beans(low-fat)	Mixed salad beans	Vegetarian chili
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Beverages

Bottled water	Decaf coffee(skim milk, no sugar)	Teas	Light instant chocolate
Skim Milk	Soy milk(low fat plain)		

Breads

100% stone ground	Whole wheat	Homemade muffins(with low GI recipe)
Wholegrain, high fiber	Breads(2 ½ g of fiber per slice)	Crispbreads(high fiber) 2 per serving

Cereals

All Bran	Bran buds	Fiber 1	Oat Bran	Oatmeal(not packaged)
100% Bran	Soy Protein Powder		Steel cut oats	Kashi Go lean

Cereal Grains

Arrowroot flour	Barley	Buckwheat	Bulgur	Gram Flour	Kamut
Kasha	Quinoa	Soy Protein Powder		Wheatgrain	
Wheatberries	Rice(basmati, wild, brown, long-grain, Uncle Ben's has good whole grain varieties)				

Condiments

Chili powder	Extracts	Garlic	Herbs	Horseradish	Hummus
Lemon juice	Lime juice	Mustard	Peppers	Salsa(low sugar)	Soy sauce
Teriyaki sauce	Vinegars	Worcestershire sauce			

Dairy

Almond milk(low fat)	Buttermilk(skim)	Cheese(fat free)	Cottage cheeses(fat free)
Frozen yogurt fruit yogurt(fat free with sweetener)		Cream cheese(fat free)	
Ice cream(low-fat and no added sugar)		Milk(skim)	Laughing cow cheese(light)
Boursin cheese(light)	Soy cheese(low fat)		Soy milk(plain low fat)
Soy/whey protein powder			

Fats/oils/dressings

Canola oil	Flax seed oil	Mayonnaise(low fat low sugar)	Olive oil
Salad dressings(low fat low sugar)		Soft margarine(non hydrogenated, light)	
Vegetable oil sprays		Vinaigrette	

Fruits-fresh

Apples	Blackberries	Blueberries	Cherries	Grapefruit	Grapes
Guavas	Lemons	Limes	Oranges	Nectarines	Peaches
Pears	Plums	Raspberries	Rhubarb	Strawberries	Bananas

Fruits-Bottles, canned frozen,dried

Apple sauce	Dried apples	Frozen berries	Mandarin oranges
Peaches in juice or water		Pears in juice or water	Dried Apricots

Fruit spreads

Extra fruit/low sugar spreads(fruit as first ingredient)

Fruit Juices

Eat the fruit rather than drink the juice

Low GI choices

Meat, Poultry, fish, eggs, and tofu

Beef(top round, eye round, extra lean ground)	Chicken/turkey breast(no skin)			
Egg beaters	Egg whites	Fish/shellfish	Ham(low fat)	Liquid eggs
Pastrami(turkey)	Pork(tenderloin)	Rabbit(lean)	Sashimi	Smoked salmon and trout
Turkey breast(low fat)	Textured vegetable protein	Veggie burgers	Veal(cutlet, rib roast, blade steak, shank, loin chop)	Venison

Pasta-cooked al dente

Capellini	Cellophane noodles	Fettuccine	Linguine	Macaroni
Penne	Rigatoni	Spaghetti	Vermicelli	

Pasta sauces

Light sauces with or without vegetables(no added sugar)

Snacks

Almonds	Applesauce	Canned peaches/pears in juice or water	Cashews
Cottage cheese(lowfat)	Protein bars(12-15 g protein, 4-5 g fat)		
Fruit yogurt(fat free w/sweetener)	Ice cream(low fat and no added sugar)		Hazelnuts
Homemade muffins with low gi recipe	Macadamia nuts		Most fresh fruit
Most fresh vegetables	Most seeds	Pistachios	Soy nuts

Soups

All homemade soups made with low gi ingredients
Chunky bean and vegetable soups(healthy request, healthy choice)

Sugar and sweeteners

Aspartame	Equal	Splenda	Stevia	Sugar twin	Sweet n low
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Vegetables

Alfalfa sprouts	Arugula	Asparagus	Avocado	Beans	Bok choy
Broccoli	Brussels sprouts	Cabbage	Carrots	Cauliflower	Celery
Collard greens	Cucumber	Eggplant	Kale	Lettuce	Mushrooms
Mustard greens	Okra	Olives	Onions	Parsley	Peas
Peppers	Pickles	Potatoes(new only)	Radicchio	Radishes	Sauerkraut
Snow peas	Sugar snap peas	Swiss chard	spinach	Tomatoes	
Zucchini					