

Medium GI Foods

Beans

Kidney beans(canned) Lentils(canned)

Beverages

Diet soft drinks w/caffeine Milk(low fat) Red wine Unsweetened fruit drinks
Vegetable juice cocktails

Breads

Pita(wholewheat) Wholegrain breads Crispbread with fiber
Sourdough bread Tortillas(low carb)

Cereals

Kashi Good friends Kashi Go lean Crunch

Cereal Grain

Corn Corn flour Spelt

Condiments

Mayonnaise(light)

Dairy

Cheese(low fat) Cream cheese(light) Ice cream(low fat)
Soft margarine(non-hydrogenated) Sour cream(light) Milk 1%
Yogurt(low fat)

Fats/oils/dressings

Corn oil Mayonnaise(light) Peanut Oil
Salad dressings(light) Sesame oil soft margarine(non-hydrogenated)
Soy oil Sunflower oil Vegetable oils

Fruits fresh

Apricots Custard apples Kiwi Mangos Papayas
Persimmon Pineapple Figs

Fruits-bottled, canned, dried

Dried apricots Dried cranberries Fruit cocktail in juice
Peaches/pears in syrup Prunes

Fruit juices-unsweetened

Apple Cranberry Grapefruit Orange Pear
Pineapple

Meat, poultry, fish, eggs, and tofu

Beef(sirloin, sirloin tip, t-bone, tenderloin, lean ground, flank)
Chicken/turkey(thigh without skin, roasters, stewing light/dark without skin)
Corned beef
Fish and shellfish canned in oil
Dried beef
Lab
Pork(top loin, centre loin, fresh ham, shank)
Whole Omega-3 eggs

Pasta

Rice noodles

Pasta sauce

Medium GI Foods

Pasta sauce with vegetables

Snacks

Dark chocolate Ice cream(low fat) Most nuts 100% peanut butter
Popcorn(light microwaveable)

Soups

Canned chicken noodle Canned Lentil Canned tomato

Sugar and sweetener

Fructose sugar alcohols

Vegetables

Artichokes Beets Corn Potatoes(boiled)
Pumpkin squash Sweet potatoes yams