

Unacceptable – High Glycemic List

High Glycemic Sweeteners

corn syrup	dextrose	glucose
maltodextrins	invert sugar	sucrose
carmelized sugar	barley malt	aspartame
glucose polymers	cane sugar	Fruitsource
Energy Smart	date sugar	brown sugar
raw sugar	turbinado sugar	maltose
sucanat	maple sugar	

Honey and pure maple syrup are better for you than the sweeteners above but use very sparingly because they are high glycemic too. Avoid commercial maple syrups.

Drinks

commercial and instant tea	box drinks	sodas
energy drinks	sports drinks	coffee
commercial drinks	coffee creamers	hot cocoa
milk mixes	powdered drinks	

Fruits

applesauce (w/added corn syrup or sugar)	apricots (fresh, dried, canned)
banana (yellow)	dates
fruit cocktail (canned)	prunes
kiwi (over ripe)	raisins
watermelon	lychee
mango (very ripe)	papaya (very ripe)
Del Monte Lite Pear Halves in Extra Lite Syrup	

Any canned fruit in heavy syrup.

Vegetables

instant mashed potatoes	potatoes	French fries
potato chips	beets	cooked carrots
parsnips	turnips	corn

rutabaga

winter squash

pumpkin

Fruit and Vegetable Juices

watermelon juice

beet juice

celery juice

carrot juice

white grape juice

prune juice

red grape juice

All juices except low glycemic vegetable can be a glycemic load so dilute low glycemic ones with water.

Nut Butters

Jif creamy and extra crunchy

Simply Jif

Peter Pan (all)

Jif Sensations

Reese's, creamy

Skippy (all)

Laura Scudder's reduced fat, smooth

Smucker's Goobers

Better to buy nut butters in natural food stores (in bulk) or high quality in grocery outlets. Most commercial have too many high glycemic additives.

Fats and Oils

palm kernal oil

coconut oil

palm oil

saturated fats

butter

Once you reach your goal weight you could use a little of the saturated fats, like butter sparingly.

Legumes

canned black bean soup

broad beans

fava beans

Grains

couscous

buckwheat

corn flour

cornmeal

barley

rice

millet

Dairy and Nut Milks

chocolate milk (high glycemic sugars) instant pudding tapioca
canned grated parmesan (maltodextrins) soy milk (unless it's unsweetened)
almond milk (unless it's unsweetened) rice milk coconut milk
sweetened commercial whipped cream sweetened condensed milk

Ice Cream and Frozen Desserts

All low fat ice cream (sweetened with high glycemic sweeteners) and all commercial frozen desserts unless they are sweetened with low glycemic sweeteners.

Jams and Jellies

All commercial jams and jellies containing appreciable amounts of corn syrup, sucrose, maltodextrins, dextrose and other high glycemic sweeteners are unacceptable.

Snacks

Fruit leathers	fruit roll ups	Fruit by the Foot
Fruit glazes and dips	corn chips	pretzles
Rice cakes		

Avoid popcorn until you have reached your goal weight.

Bottled Sauces

Avoid sauces with high glycemic sweeteners.

Breads, Cookies, Crackers

Avoid those not on the acceptable food list. In general avoid foods made with white flour. There are some commercial cookies on the market now in natural foods stores that are sweetened with fructose and may be acceptable. Read the labels for sugar content. These would be eaten sparingly once you have reached your goal weight.

Cereals

Cream of rice	cream of wheat	instant oatmeal
---------------	----------------	-----------------

Muesli (non-toasted) oat bran flakes porridge oats
Oatmeal porridge wheatena

Avoid commercial cold cereals unless they are on the acceptable low glycemic food list.

Pasta

Canned pasta and canned noodles, with or without sauces

Gnocchi Kraft macaroni and cheese dinner
Commercial macaroni and cheese rice pasta Spaghetti O's
Rice vermicelli
Any overcooked pasta

Pasta Sauces

Any canned or home cooked pasta sauces that contain corn syrup, honey, sugar, maltodextrins, high fructose corn syrup.

Pizza

If you are going to eat pizza after you have reached your goal weight, select one with a thin, crispy crust and no meats. Limit portions to 2 pieces and add a salad with an oil and vinegar dressing to reduce the glycemic impact. Pepperoni and other meats combined with fats from cheeses elevate insulin and fat storage.

