

Acceptable – Low Glycemic Foods

Fruits

| | | |
|------------------------|---------------------|--------------|
| apples | peach | tangerines |
| dried apples | raspberries | strawberries |
| blueberries | cherries | nectarines |
| oranges | melon | plum |
| lime | pear | grapes |
| lemon | mandarin oranges | blackberries |
| unsweetened applesauce | persimmon | figs (fresh) |
| boysenberries | casaba melon | grapefruit |
| honeydew melon | kiwi (just ripened) | starfish |
| tangelo | Jamaican plum | pomegranate |
| tangelino | | |

Vegetables

| | | |
|--------------------|--------------------|----------------|
| artichokes | escarole | garbanzo beans |
| asparagus | green beans | green pepper |
| brussels sprouts | red bell pepper | kale |
| bean sprouts | yellow bell pepper | kohlrabi |
| black eyed peas | leeks | lettuce |
| broccoli | mushrooms | okra |
| cabbage | olives | onions |
| cauliflower | peas | hot peppers |
| celery | pickles | scallions |
| collard greens | radishes | swiss chard |
| cucumber | spinach | snow peas |
| eggplant | split peas | yellow squash |
| endive | sweet potatoes | yams |
| tomatoes | turnip greens | zuchinni |
| water chestnuts | arugula | avocado |
| lima beans (fresh) | chick peas | sauerkraut |
| mustard greens | | |

Salads

| | | |
|---------------|----------------|-------------|
| avocado salad | salmon salad | crab louie |
| Caesar salad | cucumber salad | egg salad |
| chef's salad | mixed greens | pasta salad |

shrimp salad
chicken salad
red cabbage salad
red potato salad

vegetable salad
seafood salad
black bean salad
coleslaw

spinach
tuna salad
cobb salad

Grains

buckwheat kasha
bulgar

pearled barley
rye

wheat kernels

Breads, Crackers, Cakes

100% sprouted whole wheat (Ezekial)
oat bran bread
wholemeal barley bread
Breton wheat crackers
Stoned wheat thins
100% sprouted wheat bagel
Braunschlaggar Eur. Style Rye Bread
rye bread (1st ingred. rye)
Alvarado Farms 100% wholegrain
Alvarado Farms sprouted wheat bread
Alvarado Farms sprouted wheat bagel
Ak-Mak stoneground ww crackers
Shiloh Farms cracked wheat sourdough
sponge cake

multigrain wholewheat bread
sprouted wheat pita bread
100% stoneground ww crackers
rye crisp bread
buckwheat kasha
bulgar bread
rye pumpernickel bread
wholegrain pumpernickel bread
sprouted wheat pita bread
barley (coarse) bread
Bran-A-Crisp crackers
Shiloh Farms sprouted wheat
pound cake

Flour

Arrowhead Mills Stoneground whole wheat flour
Carbolite Zero Carb Bake Mix
Ketogenics Low Carb Pancake Mix

Legumes

baked beans (canned/dried)
black beans (dried/canned)
garbanzo beans
peas (yellow, green or split)
navy beans

black-eyed peas (dried/frozen)
butterbeans (canned/frozen/fresh)
kidney beans
soybeans (dried/canned)
chick peas
pinto beans
lentils
lima beans

white haricot, dried

Pasta

| | | |
|-----------------------------------|------------------|------------|
| angel hair pasta | brown rice pasta | capellini |
| fettuccine | linguine | ravioli |
| spaghetti | spinach linguini | tortellino |
| vermicelli (not rice) | macaroni | Star pasta |
| tortellini, meat or cheese filled | | |

Pasta and Pizza Sauces

Sauces made without corn syrup, sugar or any high glycemic sweetener on the unacceptable list.

Cereals

| | |
|--|-------------------------------|
| All-Bran w/extra fiber (Kelloggs) | Special K |
| All Bran Fruit 'N Oats (Kelloggs) | muesli (toasted) |
| Bran Buds w/psyllium (Kelloggs) | Buckwheat Kashi |
| Fiberwise | buckwheat groats |
| General Mills Fiber One | old fashioned oatmeal |
| pearled barley cereal | rice bran |
| Quaker Oats, oat bran | Quaker Oats oatmeal, 6 min. + |
| multigrain porridge (oats, wheat, rye, barley, rice) | |
| Healthy Start Cereal | |

Omega-3 Foods

| | | |
|------------------|---------------|--------------|
| striped bass | wild salmon | herring |
| mackerel | oysters | sablefish |
| wild trout | tuna | |
| almonds | walnuts | brazil nuts |
| pecans | pumpkin seeds | sesame seeds |
| sunflower seeds | flaxseed meal | avocado |
| flaxseed oil | canola oil | olive oil |
| any nut/seed oil | | |

Dairy and Plant Milks

| | | |
|---------------------------|-------------------------|--------------|
| buttermilk | cottage cheese | custard |
| parmesan | sour cream | yogurt |
| crème fraiche | goat milk | sheep milk |
| ice cream (low fat) | creamsicles (low fat) | soy milk |
| almond milk (unsweetened) | Italian ice cream | buffalo milk |
| sugar free chocolate milk | Jello chocolate pudding | sugar free |
| whole and low fat milk | evaporated milk | kefir |

Dairy products and nut milks need to be of high quality with no maltodextrins or additive and low sugar. Soybean and almond milks need to be unsweetened.

Low Glycemic Sweeteners

Best low glycemic sweeteners:

| | | |
|------------------|-------------------------------|-----------|
| fructose | low glycemic fruit sweeteners | |
| agave syrup | | |
| xlitol | erythritol | stevia |
| mannitol | D-tagatose | Ki- Sweet |
| isomalt | maltitol | |
| FOS | inulin | |
| Trutin Dulcem TD | thaumatin (talin) | |

Spices

| | |
|---------------------------------------|-----------------|
| La Victoria mild green taco sauce | hummus |
| La Victoria mild red taco sauce | |
| Shotgun Willie's medium picante sauce | salsa |
| Texas Pete sweet red pepper sauce | spices |
| low salt soy sauce | herbs |
| catsup (small amount) | mustard |
| Herdez Salsa Verde | J.Madrid salsas |
| J.Madrid chipotle hot sauce | |

Bottled Salad Dressings

Read labels. No commercial dressings with high glycemic ingredients. Very small amount of commercial mayonnaise should be ok if there are no high glycemic ingredients. Look for maltodextrins and other additives. See high glycemic sweetener list.

Soups

| | | |
|------------------------|-------------------------------|------------|
| bouillabaisse | chicken soup | chili |
| bean and pasta soup | lentil soup | gazpacho |
| Italian minestrone | curryfish (no potatoes) | onion |
| jambalaya (no rice) | vegetable (no corn or potato) | tomato |
| Manhattan clam chowder | seafood gumbo (no rice) | Nile Spice |
| Progresso, vegetable | | |

Oriental Cuisine

| | | |
|------------------------------|-------------------------------|---------------------|
| crab soup | asparagus soup | watercress soup |
| chicken egg drop soup | BBQ pork appetizer | hot & sour soup |
| spinach and tofu soup | beef w/ broccoli | cashew chicken |
| bean threads w/ meat or fish | Moo Goo Gai Pan | chicken w/ broccoli |
| Beijing or Peking Duck | chicken w/ green beans | orange beef |
| scallops in black bean sauce | mung bean noodles | ginger duck |
| shrimp w/ vegetables | Kung Pao Beef | Lo Mein |
| whole red snapper, crispy | orange chicken | Beef Chow Yoke |
| chicken in foil | chicken w/ Chinese vegetables | |

Proteins

Most pure proteins are low glycemic. Large portions of proteins can cause a glycemic load and be converted to fat. Excess protein can elevate insulin.

Plant proteins:

| | | |
|-----------------------------|-------------|------|
| soybeans | wholegrains | nuts |
| soy products w/fiber intact | legumes | |

low glycemic meat alternatives:

Gardenburger soy burgers
Green Giant Harvest Burgers for Recipes, all vegetable protein crumbles

Veja-Links, Worthington, vegetarian hot dogs

Best non plant proteins:

chicken
shellfish
eggs

fish
wild game
turkey

poultry
buffalo

Other non-plant proteins:

lamb

lean beef