

## 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              |                     |              |

### Canned Fruit

Libby's Natural Lite, pear halves, sliced peaches super, peach halves, chunky mixed fruits, fruit cocktail

Mott's Natural Applesauce unsweetened

White House Natural Plus Applesauce

### Pure Unsweetened Fruit Juices

Acceptable juices as listed below are 100% pure fruit juice, with no added grape juice, or white grape juice and do not contain added sugars, high fructose corn syrup, maltodextrins, or pineapple juice.

Juices can create a glycemic load so they have the potential to elevate blood sugar and should be limited. However, you can mix ½ cup juice with ½ cup water without raising your blood sugar. Juices that have pulp have a lower glycemic index.

Unsweetened apple juice (1/2 cup)

Unsweetened orange juice (1/2 cup)

Unsweetened peach juice (1/2 cup)

Unsweetened pear juice (1/2 cup)

Unsweetened grapefruit juice (1/2 cup)

Tropicana Grovestand Orange Juice (high pulp content) (1/2 cup)

Unsweetened pineapple juice (1/2 cup)

Special Harvest Pear Juice (pure pear juice)

After the Fall Products, Inc. Maryland

### Vegetables

artichokes  
asparagus  
brussels sprouts  
bean sprouts  
black eyed peas  
broccoli  
cabbage  
cauliflower  
celery  
collard greens  
cucumber  
eggplant  
endive  
tomatoes  
water chestnuts  
lima beans (fresh)  
mustard greens

escarole  
green beans  
red bell pepper  
yellow bell pepper  
leeks  
mushrooms  
olives  
peas  
pickles  
radishes  
spinach  
split peas  
sweet potatoes  
turnip greens  
arugula  
chick peas

garbanzo beans  
green pepper  
kale  
kohlrabi  
lettuce  
okra  
onions  
hot peppers  
scallions  
swiss chard  
snow peas  
yellow squash  
yams  
zuchinni  
avocado  
sauerkraut

### Salads

avocado salad  
Caesar salad  
chef's salad  
shrimp salad  
chicken salad  
red cabbage salad  
red potato salad

salmon salad  
cucumber salad  
mixed greens  
vegetable salad  
seafood salad  
black bean salad  
coleslaw

crab louie  
egg salad  
pasta salad  
spinach  
tuna salad  
cobb salad

### Bottled Salad Dressing

Most of the fat free bottled Lite dressings in the grocery store are higher glycemic than the regular versions because of the added corn syrup, maltodextrins and other added high glycemic ingredients. Even the sugar free salad dressings are not glycemically acceptable because they too contain high glycemic carbohydrates which are **not** labeled as sugars. Commercial mayonnaise ok in small amounts if there are no added high glycemic sweeteners. The following list includes those that are low glycemic.

Annie's Naturals, Shitake & Sesame Vinaigrette  
Brianna's Homestyle Real French Vinaigrette  
Cardini's Zesty Garlic  
Cardini's Naturals, Romano Cheese Italian Dressing  
Hellmann's Creamy Caesar and Creamy Ranch  
Ken's Ranch and Chunky Blue Cheese  
Kraft, Balsamic Vinaigrette, Creamy Roasted Garlic, Garlic Ranch  
Newman's Own, Olive Oil & Vinegar Dressing, Caesar

Seven Seas Free Viva Italian  
Wishbone, Lite Italian and Fat Free Italian  
Zeus Greek Salad Dressing, all natural

## Grains

|                                    |                |               |
|------------------------------------|----------------|---------------|
| buckwheat kasha                    | pearled barley | wheat kernels |
| bulgar                             | rye            | oats          |
| quinoa                             | amaranth       | oat bran      |
| rice bran (lower gi than oat bran) |                |               |

## Breads, Crackers, Cakes & Pastry

|  |                               |
|--|-------------------------------|
| 100% sprouted whole wheat (Ezekiel)      | multigrain, 9 grain bread     |
| oat bran bread                           | sprouted wheat pita bread     |
| wholemeal barley bread                   |                               |
| Breton wheat crackers                    | rye crisp bread               |
| Stoned wheat thins                       | buckwheat kasha               |
| 100% sprouted wheat bagel                | bulgar bread                  |
| Braunschlaggar Eur. Style Rye Bread      | rye pumpernickel bread        |
| rye bread (1 <sup>st</sup> ingred. rye)  | wholegrain pumpernickel bread |
| Alvarado Farms 100% wholegrain           | sprouted wheat pita bread     |
| Alvarado Farms sprouted wheat bread      | barley (coarse) bread         |
| Alvarado Farms sprouted wheat bagel      | Bran-A-Crisp crackers         |
| Ak-Mak stoneground wholewheat            | Grain, 100% whole grain       |
| crackers                                 |                               |
| Food for Life sprouted grain bread       | Pita bread (Alvarado Farms)   |
| Shiloh Farms sprouted wheat              | Rye, coarse European style    |
| Shiloh Farms cracked wheat sourdough     |                               |
| Sprouted Wheat Bread (Shiloh Farms)      |                               |
| Stoneground wholewheat, 100% stoneground |                               |
| Rye, 100% wholegrain                     |                               |
|  |                               |
| pound cake                               |                               |
| sponge cake                              |                               |

## Peanut Butter

These name brands do not contain sucrose or any appreciable amount of high glycemic ingredients.

Arrowhead Mills 100% Valencia Peanut Butter, Creamy or Crunchy  
Kettle Roaster Fresh, Cashew Butter, Sunflower Butter  
Laura Scudder's Old Fashioned Peanut Butter, Smooth  
Laura Scudder's Old Fashioned Peanut butter, Nutty  
Maranatha Natural Foods, Organic Raw Almond Butter, Natural Cashew Butter

Smucker's Natural Creamy Peanut Butter

### Jams and Jellies

Low glycemic jams and jellies are those that are made with low glycemic fruits and without grape juice or high glycemic fruit juices or corn syrup or added unacceptable sugars.

An example of a low glycemic jam/jelly is Estee Strawberry Fruit Spread, fructose sweetened, low calorie.

### Cocoa Mixes

Cocoa mixes without maltodextrins, dextrose, sugar or other high glycemic ingredients.

Carnation, fat free

Carnation, no sugar added

Swiss Miss, fat free

### Coffee and Tea

Caffeine increases insulin secretion. If you are a coffee drinker, limit yourself to 1 or 2 cups a day. Flavored coffee products also increase insulin secretion unless they have been specifically formulated to be low glycemic.

Tea from bags or leaves is low glycemic. No instant.

### Coffee Creamers

Nature's First Natural Dairy Creamer

Non-fat dry milk, powdered, plain, instant

Publix Instant non-fat dry milk

### Flour

Arrowhead Mills Stoneground whole wheat flour

Carbolite Zero Carb Bake Mix

Ketogenics Low Carb Pancake Mix

### Frozen Meals

Stouffer's Lean Cuisine – Although some of these meals have some high glycemic foods (like rice and potatoes,) which would normally be avoided, in these meals they do not represent a significant glycemic increase. The ratios and forms of proteins/carbs/fats are such that in these portion sizes and these ratios of proteins to carbs and fats, they are an overall acceptable and quick meal.

## Legumes

|                               |                                   |             |
|-------------------------------|-----------------------------------|-------------|
| baked beans (canned/dried)    | black-eyed peas (dried/frozen)    |             |
| black beans (dried/canned)    | butterbeans (canned/frozen/fresh) |             |
| garbanzo beans                | kidney beans                      | pinto beans |
| peas (yellow, green or split) | soybeans (dried/canned)           | lentils     |
| navy beans                    | chick peas                        | lima beans  |
| white haricot, dried          |                                   |             |

## Pasta

Most pastas are in the acceptable range if they are not overcooked. Barilla high protein is the most reliably low glycemic. Canned pastas are on the high glycemic unacceptable list.

|  |                  |            |
|--|------------------|------------|
| angel hair pasta                             |                  |            |
| Barilla high protein pasta                   |                  |            |
| brown rice pasta                             |                  |            |
| capellini                                    |                  |            |
| fettuccine                                   | linguine         | ravioli    |
| spaghetti                                    | spinach linguini | tortellino |
| vermicelli (not rice)                        | macaroni         | Star pasta |
| tortellini, meat or cheese filled            |                  |            |
| Artesian Acres Kamut Pasta                   |                  |            |
| Contadina Spinach Linguini, protein enriched |                  |            |
| Contadina Lemon Dill Angel Hair              |                  |            |
| Eden Foods Kamut Pasta                       |                  |            |
| Nutri-Mac Spaghetti                          |                  |            |
| Papadini Hi-Protein Pure Lentil Bean Pasta   |                  |            |

## Pasta and Pizza Sauces

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

- Cento All Natural Pasta Sauce
- Cento Classic Hot Pasta Sauce
- Colavita Premium Sauce
- Gia Russa Pasta Sauce
- Pastene California Pizza Sauce
- Mom's Spaghetti Sauce, Timpone's (jar)

## Prepared Sauces & Sauce Mixes

Annie's Naturals – Roasted Veggie Sauce, Natural Vermont Cheddar Sauce, Natural Mushroom Sauce  
Mayacamas Hollandaise Sauce  
Mayacamas Bearnaise Sauce  
Mayacamas Pesto Sauce  
Papa Demos Lemon Herb Sauce

## Cheese

American  
Blue  
Brick  
Brie  
Camembert  
Caraway  
Cheddar, sharp or mild  
Cheshire  
Colby  
Cottage cheese, regular and low fat  
Cream cheese, heavy, light and regular  
Whipping cream, no sugars added  
Edam  
Feta  
Fontina  
Goat  
Gouda  
Gruyere  
Monterey  
Mozzarella  
Muenster  
Neufchatel  
Parmesan (in block)  
Kraft shredded parmesan  
Kraft shredded three cheese  
Pimento  
Port de Salut  
Provolone  
Ricotta  
Romano  
Roquefort  
Swiss  
Tilsit  
Alpine Lace Free n' Lean and Lite-Line

## 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                                 | Bob's Red Mill rolled oats    |
| Ezekiel sprouted whole grain 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 | pumpkin seeds |              |

## Dairy and Plant Milks

Chocolate milk with fructose or other low glycemic sweeteners is acceptable. Look for high quality yogurt that does not have added sugar or maltodextrins. You can add fruit and a low glycemic sweetener.

|                                |                                    |              |
|--------------------------------|------------------------------------|--------------|
| buttermilk                     | cottage cheese                     | custard      |
| 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        |
| Dannon Light 'n Fit Yogurt     |                                    |              |
| Breyer's Light Fat Free Yogurt |                                    |              |
| non fat dry milk               |                                    |              |

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

You can find these sweeteners in a natural foods market, co-op or specialty foods market or in the healthier section of your super market. Fructose is available in bulk in the bins where you purchase sugar, flour and nuts. It has the same texture as sugar and can be substituted for sugar in baking. The same is true of xylitol. Stevia and agave syrup can be found on the shelves in the baking section. The others may be harder to find but look for them as acceptable low glycemic ingredients in other more processed foods.

### **Best low glycemic sweeteners:**

fructose  
agave syrup

low glycemic fruit sweeteners

xylitol  
mannitol  
isomalt  
FOS  
Trutin Dulcem TD

erythritol  
D-tagatose  
maltitol  
inulin  
thaumatin (talin)

stevia  
Ki- Sweet

## Spices

Any spices without sugars, maltodextrins, dextrins

Soy sauce  
Low salt broth  
Catsup, sugar-free, no corn syrup, no white grape juice  
Estee no sugar added ketchup  
Mojo seasonings  
Mustard, no sugar  
Maitre Jacques Sweet Tarragon Mustard  
Maitre Jacques All Natural Grained Mustard  
Reese Hickory Liquid Smoke

La Victoria mild green taco sauce  
La Victoria mild red taco sauce  
Shotgun Willie's medium picante sauce  
Texas Pete sweet red pepper sauce  
low salt soy sauce  
catsup (small amount)  
Herdez Salsa Verde  
J.Madrid chipotle hot sauce  
Newman's Own, All Natural Salsa  
Taco Bell Home Originals Thick' N Chunky Salsa

hummus (no sugar)  
Basha Hummus  
salsa  
spices  
herbs  
mustard  
J.Madrid salsas  
Tostitos Salsa

## Dry Soup Mixes

Bean Cuisine dry soup mix: Island Black Bean, 13 Bean Bouillabasse, White Bean Provencal  
Dougan's dry soup mix, Mixed Bean

## Fats/Oil/Butter/Mayonnaise

Most fats, oils, butters and mayonnaise are low glycemic. That does not mean that they are necessarily the healthiest choice. They are just not high glycemic. Remember when it comes to fat to choose omega 3 fats (olive oil, nuts, avocado, seeds and fish) when you can and small amounts of the omega 6 fats that are in butter, other oils and meats. Best choices listed below:

Olive oil  
Benecol spread (McNeil brand)  
Canola oil  
Corn oil  
Safflower oil  
Sunflower oil  
Mayonnaise, home made, Hellman's Light Mayonnaise or Kraft Light Mayonnaise  
I Can't Believe It's Not Butter Spray  
Smart Balance Soft Spread (no trans fats)

## Nuts

Nuts are low glycemic and a great source of protein and omega 3 fatty acids. Because they do have a lot of fat you do have to moderate how many you eat; a snack of 7 raw nuts at a time is reasonable. You can put them in a salad or on yogurt or ice cream to add more protein.

## Candy, Chocolate and Sweets

Look for the low glycemic label or a sugar content of 10 grams or less and no high glycemic carbs like maltodextrins or high fructose corn syrup. If the sweetener is just plain fructose then it is low glycemic.

Estee Milk Chocolate Bar (made with fructose)  
Estee Milk Chocolate with Almonds (made with fructose)  
Fig Newtons, 2  
M & M, peanut 10 pieces (not the plain)  
M & M, almond 10 pieces  
Chocolove xoxox dark chocolate or almonds and sea salt in dark chocolate  
1 serving

## Bottled Peppers & Vegetables

Bella – Cherry Peppers, Hot Chili Peppers, Greek Salad Peppers, Submarine Sandwich Peppers, Whole Sweet Banana Peppers  
Louisiana Sliced Jalapeno Peppers  
Victoria – Antipasto Peppers in Olive Oil and Vinegar, Cauliflower in Vinegar, Hot Cherry Peppers, Hot Crushed Peppers

## 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

Chinese food is low glycemic without the rice and without MSG.  
Thai food, Japanese, Korean, same thing. No rice, no MSG.

|                              |                               |                     |
|------------------------------|-------------------------------|---------------------|
| 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   | fish      | poultry |
| shellfish | wild game | buffalo |
| eggs      | turkey    |         |

### **Other non-plant proteins:**

|      |           |
|------|-----------|
| lamb | lean beef |
|------|-----------|

## Ice Cream and Frozen Desserts

Ice cream and frozen desserts that are low in fat and contain high quality dairy proteins (milk, skim milk, non-fat milk, eggs) are low glycemic. Most dairy products that contain real proteins and no high glycemic carbs or sugars will be low glycemic. Ice cream, sorbet, and other frozen desserts that do not contain high quality proteins will generally not be low glycemic. Tofu frozen desserts are very high glycemic.

Ice cream that contains regular table sugar has a lower glycemic response than ice cream that contains maltodextrins, dextrose or high fructose corn syrup. **High fructose corn syrup is NOT the same product as fructose which is low glycemic.** If ice cream is made with plain fructose or other low glycemic sweeteners it is preferable.

Limit your serving of ice cream to 2 scoops to control insulin-reaction and fat-storage.

### **Acceptable Glycemic Response: Low Fat Ice Cream & Frozen Desserts**

Although some of the ingredients in the following products are considered high glycemic, they are not listed on the label as the first two ingredients in the product and the proteins used were of high quality.

Baskin-Robbins frozen yogurt, sugar-free, nonfat  
Creamsicles, low or non-fat, artificially sweetened  
Dryer's Fat Free Frozen Yogurt  
Dryer's No Sugar Added Ice Cream  
Dryer's Fat Free, No Sugar Added Ice Cream  
Frozen yogurt, nonfat made without maltodextrins or corn syrup  
Ice cream, with dairy proteins, low-fat, no maltodextrins  
Popsicles, sugar-free  
Tropicana Fruit Juice Bars, fat-free, no sugar added  
Yoglace (frozen yogurt from I Can't Believe It's Yogurt)

[www.lifetimefatloss.com](http://www.lifetimefatloss.com)