

Low Glycemic Load Diet - FOOD LIST

Most vegetables have a very low glycemic index, except starchy vegetables, which have high glycemic index scores.

The vegetables listed below are safe to include in your low-glycemic food list. Artichokes Beet Bell Peppers Bok Choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Collards Crookneck Squash Cucumbers Eggplant Green Beans

<p>Legumes: Average serving size = ½ cup or as indicated (1 serving = 110 calories)</p> <ul style="list-style-type: none"> • Split Peas, sweet green peas, lentils • Beans - garbanzo, pinto, refried, kidney, black, lima, cannellini, navy, mung, green soy beans • Hummus (¼ cup) • Bean Soups, ¾ cup 	<p>Nuts and Seeds: serving size as indicated (1 serving = 100 calories)</p> <ul style="list-style-type: none"> • Almonds, or hazelnuts, 10-12 whole nuts • Walnut or pecan halves, 7-8 • Pistachios, sunflower, pumpkin, sesame seeds, 2 Tbsp. Nut Butter, 1 Tbsp. made from above nuts
<p>Category 1 Vegetables: (½ cup serving = 10-25 cal.) Servings: Unlimited</p> <ul style="list-style-type: none"> • Asparagus • Artichokes • Bamboo shoots • Bean Sprouts • Bell or other peppers • Broccoli, Broccoli • Brussel sprouts • Cauliflower • Celery • Cucumber/dill pickles • Cabbage (all types) • Chives, onion, leeks, garlic • Greens: bok choy, escarole, Swiss chard, kale, collard greens, watercress, spinach, dandelion, mustard, or beet greens • Lettuce/mixed greens - romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory Salsa (sugar-free) • Sea vegetables (kelp, etc.) • Tomato or mixed vegetable juice 	<p>Fruit: (1 Serving = 80 calories)</p> <ul style="list-style-type: none"> • Apple, 1 med • Apricot, 3 med • Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1 ½ cups • Cherries, 15 • Fresh figs, 2 • Grapes 15 • Grapefruit 1 whole • Kiwi, 2 • Mango ½ • Cantaloupe, ½ med • Honeydew, ¼ small • Watermelon, 2 cups • Nectarine, 2 small • Orange, 1 large • Peach, 2 small • Pear, 1 med • Plum, 3 small • Tangerine 2 small <p>Dairy: average serving size = 6oz.(1 serving = 80 calories) Use organic Dairy - limit Dairy 7 small</p>
<p>Category 2 Vegetables: Average serving size = ½ cup or as indicated. (1 serving = 45 calories)</p> <ul style="list-style-type: none"> • Carrots, 2 med. Raw or 12 baby; ½ cup cooked Rutabaga, parsnips, turnips, ½ cup cooked Beets, winter squash (acorn or butternut) • Sweet potatoes or yams, ½ medium baked Yukon Gold potato, ½ medium 	<p>Oils: average serving size = 1 tsp. Or as indicated (1 teaspoon = 40 cal.)</p> <ul style="list-style-type: none"> • Extra virgin olive • Walnut oils • Mayonnaise made with Olive oil • Olives, 8-19 medium • Avocado, ¼
<p>Concentrated Protein Sources: (3oz = 1 serving = 150 calories) Meat, poultry, and fish should be grilled, baked, roasted, and fish can also be poached</p> <ul style="list-style-type: none"> • Eggs, 2 whole eggs or 3 egg whites plus 1 whole egg • Fish, including shellfish, 3 oz. fresh or ¾ cup water-canned Poultry: chicken or Cornish hen (breast), turkey • Leg of lamb, lean cut • Beef, very lean • Organic cottage cheese, ¾ cup • Organic Ricotta ½ cup • Organic Mozzarella 2 oz. or ½ (shredded) • Organic Parmesan cheese, 2 Tbsp. grated = ½ serving • Organic Tofu (fresh), 8 oz. or 1 cup or 3.5 oz. cube (baked) • Organic Tempeh, 3oz or ½ cup • Organic Soy or veggie burger, 4 oz. • TVP (soy protein concentrate). ½ cup = ½ serving 	<p>Whole Grains: Average serving size: ½ cup cooked or as indicated (1 serving 75-100 calories) All grains must be organic ancient grains gluten free are preferred options</p> <ul style="list-style-type: none"> • Amaranth, teff, and quinoa (organic) • Organic Basmati and other Organic brown rice, Organic wild rice • Bulgur (organic cracked wheat) • Barley, Buckwheat groats, or millet • Whole oats, raw, ½ cup; cooked oatmeal ¾ cup • Whole wheat, spelt or kamut berries (organic) • 100% whole wheat, spelt or kamut pasta (organic) • Organic Bread: mid whole grain or 100% whole rye, 1 slice Whole wheat tortilla or pita, ½ • Low-carb tortilla, 2 small or 1 large
<p>Beverages Decaffeinated herbal or green tea. Water, plain seltzer</p>	<p>Condiments: Cinnamon, Mustard, horseradish, tamari soy sauce, vinegar, lime, lemon, flavored extracts (e.g., vanilla or almond), other herbs/spices, stevia, agave nectar</p>