

# LOW GLYCEMIC GREEN LIGHT FOODS (< 50)

## FRUITS

Apples  
Applesauce (no sugar)  
Apricots, dried  
Blackberries  
Blueberries  
Cherries  
Cranberries  
Grapefruit  
Grapes  
Honeydew Melon  
Kiwi  
Lemon  
Lime  
Oranges  
Peaches  
Pears  
Persimmon  
Plums  
Pomegranate  
Prunes (pitted)  
Raspberries  
Strawberries  
Tangerine

## JUICES (all unsweetened)

Apple,  
Grapefruit  
Orange  
Pineapple  
Tomato

## LEGUMES

Azuki Beans  
Beans, Baked  
Beans, Dried  
Black Beans  
Black Eyed Beans  
Butter Beans  
Chick Peas  
Haricot Beans  
Great Northern Beans  
Kidney Beans  
Lentils: Green, Red, Dried, Boiled  
Marrowfat Peas  
Mung Bean  
Navy Beans  
Peas  
Pigeon Peas  
Pinto Beans  
Romano Beans  
Soy Beans  
Split Peas  
White Beans

## DAIRY PRODUCTS

Almond Milk  
Buttermilk  
Cheese (cow,sheep,goat)  
Cheddar  
Feta  
Mozzarella  
Parmesan  
Provolone  
Cream Cheese-light  
Cottage Cheese-low fat  
Evaporate Skim Milk  
Ice Cream, real, whole milk  
Milk:full fat, low fat, 1&2%  
Nonfat Dry Milk  
Rice Milk  
Sour Cream: Low-fat  
Soy Milk  
Soy Yogurt  
Yogurt: fruited, nonfat, plain

## BREADS

Coarse Barley Kernel  
Cracked Wheat  
European Style Rye  
Oat Bran  
Natural Ovens™  
Hunger Filler Whole Grain  
100% Whole Grain  
Pumpernickel, Whole Grain  
Sprouted Wheat

## PASTA

Cooked al Dente  
Capellini  
Fettuccine  
Linguine, thick  
Macaroni  
Mung Bean Noodles  
Ravioli  
Spiral Durum, Wheat  
Split Pea Pasta  
Soy Pasta Shelles  
Star Pastina  
Tortellini, Cheese  
Vermicelli

## CEREALS

Barley  
Buckwheat  
Bulgur  
Kellogg's All Bran™  
Kellogg's Special K™  
Muesli, non toasted  
Old Fashioned Oatmeal

## NUTS & SEEDS

(whole and in butter-no added sugar)  
Almonds  
Brazil Nuts  
Cashews  
Hazelnuts  
Macadamia Nuts  
Peanuts  
Pecans  
Pine Nuts  
Pistachios  
Pumpkin Seeds  
Soy  
Sunflower seeds  
Walnuts

## RICE/GRAINS

Barley  
Buckwheat  
Bulgur  
Long Grain Rice  
Parboiled Rice  
Rye, Whole Kernels  
Uncle Ben's®  
Cajun Style Rice  
Converted White Rice  
Long Grain Rice  
Wild Rice  
Wheat, Whole Kernel

## CONDIMENTS/SWEETENERS

Catsup: (1T.-moderation)  
Fructose  
Hoisin  
Horseradish  
Lemon Juice  
Lime Juice  
Liquid Aminos  
Mayonnaise-light  
Mustard  
Olive Oil  
Salsa (no sugar added)  
Sea Salt  
Sesame Oil  
Soy Sauce (low salt)  
Taco Sauce (moderation, no sugar)  
Vinegar: White, Balsamic, Red  
Worcestershire Sauce

## LOW GLYCEMIC GREEN LIGHT FOODS (< 50)

### VEGETABLES

Alfalfa  
Artichokes <15  
Arugula  
Asparagus <15  
Avocado  
Beans:(green, waxed, yellow) <15  
Bean Sprouts  
Bok Choy  
Broccoli <15  
Brussel Sprouts  
Cabbage  
Carrots: raw  
Cauliflower <15  
Celery <15  
Chinese Cabbage  
Collard Greens  
Cucumbers <15  
Edamame  
Eggplant <15  
Endive <15  
Escarole <15  
Green Onions  
Kohlrabi  
Leeks  
Lettuce <15  
Mushrooms  
Mustard Greens  
Okra  
Onions  
Peas, green  
Peppers <15  
Radishes  
Rapini  
Romaine <15  
Sauerkraut  
Snow Peas <15  
Sugar Snap Peas  
Spinach  
Squash: Spaghetti  
Sweet Potato  
Tomatoes (limited)  
Turnip Greens  
Water Chestnut  
Watercress  
Yam  
Zucchini <15

### BEVERAGES

All Sport™ Sports Drink-orange  
Carbonated Water, no sugar  
added  
Coffee: no sugar, decaffeinated  
Tea: no sugar, decaffeinated  
Water

### OTHER

Hummus-no sugar added  
Ironman® PR Bar, Chocolate  
  
M&M® Peanut  
Pound Cake  
Sponge Cake  
Twix® Bar

## MODERATELY GLYCEMIC YELLOW LIGHT FOODS (50 - 75)

### FRUITS

Apricots fresh, canned in light syrup)  
Bananas (fresh but not fully ripe)  
Cantaloupe  
Dates  
Figs (dried)  
Mangos  
Papaya  
PawPaw  
Peaches (canned, light)  
Pineapple (raw)  
Raisins

### LEGUMES

None

### VEGETABLES

Boiled or roasted potatoes,  
Beets,  
Corn: Sweet, Popped  
Squash: Summer  
Rutabaga

### DAIRY PRODUCTS

Brie Cheese  
Edam Cheese

### PASTA

Cooked Al Dente  
Gnocchi  
Linguini, thin  
Kraft® Macaroni & Cheese  
Rice Vermicelli

### RICE/GRAINS

Basmati Rice  
Brown Rice  
Long grain white rice  
Uncle Ben's  
    Garden Style Rice  
    Mexican Fast & Fancy

### BEVERAGES

Coca Cola®  
Fanta® Orange Drink  
Lemonade, Reconstituted  
Ocean Spray® Cranberry Juice

### OTHER

Angel Food Cake  
Arrowroot Cookies  
Blueberry Muffin  
Bran Muffin  
Carrot Muffin  
Croissant  
Kudos® Whole Grain Bar,  
    Chocolate Chip  
Oatmeal Cookies

### CONDIMENTS/SWEETENERS

Honey  
Sucrose  
White sugar

### CEREALS\*

General Mills Fiber One™  
Hemp  
Kashi,  
Kellogg's Bran Buds™  
    Fiberwise™  
    Just Right™  
    Nutrigrain™  
    Raisin Bran™  
    Sustain™  
    Sustain Cereal Bar™  
    Whole Wheat Mini  
Wheat™  
Muesli  
Nabisco Brand Chex™  
Oat Bran: Raw  
Quaker Oats:  
    Life™  
    Oat Bran™

### BREADS/CRACKERS

Breton Wheat Crackers  
Brownberry™  
    Natural Wheat  
    12 Grain  
    Natural Rye  
    Natural Health Nut  
Graham Crackers  
Healthy Choice™  
    Hearty 7 Grain  
    Hearty 100% Whole Grain  
High Fiber Rye Crispbread  
Ryvita® Rye Crispbread  
Klosterbot Whole Wheat Rye  
Linseed Rye  
Natural Ovens™  
    Cinnamon, Raisin, Pecan  
    Nutty Natural  
Pepperidge Farm™ Stone Ground  
    100% Whole Wheat  
Pita: Whole Wheat  
Semolina Bread  
Sourdough Rye  
Stoned Wheat Thins  
Taco Shells: corn based, baked  
Volkornbrot Whole Wheat Rye  
100% Stone Ground Whole Wheat  
    Matzo  
100% Whole Grain Rye Crisp  
    Crackers

### BEANS

Boston-type baked beans

### NUTS & SEEDS

Coconut,  
Sesame (tahini)

# HIGH GLYCEMIC FOODS RED LIGHT (> 75)

## FRUITS

Bananas (dried)  
Candied fruits  
Lychee  
Watermelon

## VEGETABLES

Broad Beans  
Carrots (cooked)  
French fries  
Fried vegetables  
Parsnips  
Potato chips  
Potatoes: instant mashed  
Pumpkin  
Red Potatoes  
White Potatoes  
White Rice  
Jasmine Rice

## DAIRY

None

## BREADS/CRACKERS

Bagel, White  
Baguette, White  
Bread Stuffing  
Dark Rye Blackbread  
Dark Rye Schinkernbrot  
English Muffin  
Flat Bread  
Hamburger Buns  
Hot Dog Buns  
Kaiser Rolls  
Melba Toast  
Pita Bread  
Puffed Crisp Bread  
Multigrain, gluten free  
Soda Crackers  
Water Biscuits  
White Bread  
White Bread, gluten free  
Whole Wheat, most brands

## CEREALS

General Mills  
Cheerios™  
Golden Grahams™  
ProStars™  
Total™  
Instant Oatmeal  
Kellogg's  
Bran Flakes™  
Coco Pops™  
Corn Flakes™  
Corn Pops™  
Crispix™  
Crunchy Nut Corn Flakes  
Fruit Loops™  
Honey Smacks™  
Pop Tarts™  
Kraft Grape Nuts™  
Nabisco  
Corn Chex™  
Cream of Wheat™  
Rice Chex™  
Team™  
Post Grape Nut Flakes™  
Pre-cooked Cereals  
Puffed Rice Cereal  
Puffed Wheat Cereal  
Quaker Oats Corn Bran™  
Quick Oatmeal  
(All sweetened cereals made from refined grains)

## PASTA

Corn Pasta, Gluten Free  
Rice Pasta  
Rice and Maize Pasta, Gluten Free

## RICE/GRAINS

Instant Rice  
Jasmine Rice  
Minute Rice  
Tapioca (boiled)  
White Rice

## BEVERAGES

Gatorade®  
Soft drinks added with maltodextrin  
Sports Plus®

## SWEETENERS/CONDIMENTS

Corn Syrup  
Glucose  
Glucose Tablets  
High Fructose Corn Syrup  
Molasses  
Maltose  
Maple Syrup  
Pancake Syrup

## OTHER

Carmel Corn  
Corn Chips  
Corn Muffin  
Corn Thins  
Doughnuts  
Graham Wafers  
Jelly Beans  
Old El Paso™ Nacho Chips  
Pancakes  
Potato Chips  
Pretzels  
Real Fruit Bars  
Roll-Ups®  
Soy Based Frozen Dessert  
Vanilla Wafers  
Waffles

## BEANS

None  
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