

Low GI Foods (20-49)	Moderate GI Foods(50-69)	High GI Foods : (70-100)
<p>Breakfast Cereals: All Bran All Bran Fruit' n Oats Fiber One Oat Bran Oatmeal(not instant)</p>	<p>Breakfast cereals: Bran Buds Bran Chex Just Right Mini Wheats Special K Swiss Museli</p>	<p>Breakfast cereals: Cheerios Corn Flakes Corn Chex Cream of wheat Grape Nuts Grape Nut Flakes Grits Puffed wheat and rice Rice Chex Rice Krispies Raisin Bran Shredded Wheat Total</p>
<p>Fruits and Fruit Juices: (Limit 1-2 Fruits/day) Apples, Apple juice Apricots Blackberries Blueberries Cherries Cranberries (not dried) Grapefruit Grapefruit juice Peaches Pears Prunes Plums Raspberries Tangerine Strawberries Tomato juice</p>	<p>Fruits: Banana (under ripe) figs grapes kiwi Mango oranges raisins Cranberry juice, orange juice</p>	<p>Fruits: Dried Dates Pineapple Watermelon Over ripe bananas</p>
<p>Beans and Legumes: black eyed peas, butter beans chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus</p>	<p>Beans and legumes: boston type baked beans canned pinto, kidney or navy beans, green peas</p>	<p>Beverages: soda, sweet tea, pineapple juice</p>
<p>Non- starchy vegetables: asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips.</p>	<p>Vegetables: beets, carrots, Sweet potato, yam, corn on the cob</p>	<p>Vegetables: potato, baked, broiled, fried, mashed, french fries canned or frozen corn, parsnips, winter squash</p>
<p>Grains: barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta</p>	<p>Breads: pita pocket oat bran bread pumpernickel bread rye bread wheat bread high fiber bread</p>	<p>Breads: most breads (white and whole grain), baguette, bagels, bread sticks, Kaiser roll, dinner roll</p>
<p>Nuts, olives and oils: almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid at room temperature</p>	<p>Grains: cornmeal brown and white rice couscous</p>	<p>Grains: rice, instant, tapioca</p>
<p>Dairy, fish, meat, soy and eggs: skim milk, soy milk, almond milk, lowfat cheese, yogurt (lowfat or greek) lean red meat, fish, skinless chicken and turkey, shellfish, egg whites, egg yolks(up to 3/week) soy products, Egg Beaters</p>	<p>Pasta: macaroni ravioli (meat filled) pizza (cheese) spaghetti (white)</p>	<p>Snacks: candy, crackers, chips, cookies, syrups, jelly, jam Donuts, corn chips, tortilla chips, pretzels, jelly beans, rice crackers, pastries, cakes, nutragrain bars, Pop tarts.</p>
	<p>Nuts: cashews macadamia</p>	<p>Restaurant and Ethnic Foods: Most Chinese food (sugar in stir fry sauces) Teriyaki meats and vegetables, Fried rice</p>
	<p>Snacks: chocolate muffins low fat ice cream popcorn</p>	<p>Mexican foods with white rice, tortilla, etc Any foods with white sugar or white flour</p>

The **glycemic index**, or **GI index** is the measurement of how foods raise our blood glucose after eating them. Foods raise glucose to varying levels (carbs increase blood sugar the most, fats and protein second). Actual (sugar) has a glycemic index of 100 and other foods measured are ranked as low, moderate and high GI foods. Although GI index is helpful to meal planning. **The TOTAL number of grams of carbohydrate can have a bigger impact than GI index on blood sugar levels.**

Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!

