

# Glycemic Food Guide

## (Desirable and Undesirable)

### DESIRABLE CARBOHYDRATES

#### FRUITS

Apple	Cherries,	Nectarine
Applesauce, unsweetened	Grapefruit,	Orange
Blackberries	Grapes	Peaches
Blueberries	Kiwi	Plums
Boysenberries	Lemons	Strawberries
Cantaloupe	Limes	Watermelon

#### VEGETABLES

Alfalfa Sprouts	Eggplant	Salsa
Artichoke	Endive	Sauerkraut
Asparagus	Green Peppers	Snow peas
Bean Sprouts	Leeks	Spinach
Beets	Lettuce	Sweet Potatoes
Bok Choy	Mushrooms	Tomatoes
Broccoli	Okra	Turnip Greens
Brussel Sprouts	Onions	Turnips
Cabbage, green	Parsley	Water
chestnuts		
Cauliflower	New potatoes	Yams
Celery	Kale	Yellow squash
Collard Greens	Radishes	Zucchini
Cucumbers	Red Peppers	Yellow
Peppers		

#### LEGUMES

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### DESIRABLE CARBOHYDRATES

#### GRAINS, CEREALS, BREADS & OTHER

Barley	Pumpernickel	USANA Fibergy
Bran	Rye, stone ground	Wheat, stoneground
Long cooking oatmeal		

#### CONDIMENTS & SEASONINGS

Basil	Curry	Horseradish
Celery Seeds	Dill	Mustard
Chili Powder	Flavoring extracts	Pickles, dill
Chives	Garlic	Cinnamon
Garlic Powder		

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## LESS DESIRABLE CARBOHYDRATES

### FRUITS

Avocado	Figs, dried	Mango
Guava	Papaya	
Cranberries		
Juices	Prunes	Dates
Raisins		

### VEGETABLES AND LEGUMES

Canned Beets	cooked Parsnips	Refried
Beans		
Corn *	Baked Potatoes	
Winter Squash		

### GRAINS, CEREALS & BREADS

Bagel	Croutons	Pasta
Biscuit	Donuts	Pita Bread
Bread Crumbs	English Muffins	Popcorn
Bread Stick	Graham Crackers	White Rice
Bucwheat	Granola	Rice Cakes
Cereals, dry	Grits	Rolls
Cornbread	Hamburger Bun	Taco Shells
Cornstarch	Muffin	Corn
Tortillas		
Tortillas, flour	Crackers	
Pancakes		
Waffles	Croissant	White
Bread		

### OTHER

Barbecue Sauce	Jam or jelly	Relish
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### DESIRABLE PROTEIN

*A Protein serving is approximately the size of your palm*

Virtually all fish  
Seafood

Turkey breast  
Egg Whites

Tuna

### PROTEIN RICH DAIRY

Cottage Cheese (lower fat)

Skim Milk

Yogurt

### MODERATELY DESIRABLE PROTEIN

Lean Ground Beef  
Ham, deli style  
Bacon

Pork Tenderloin  
Ricotta Cheese

Beef, Lean Cuts  
Canadian

Ham, Lean  
Mozzarella cheese, skim

Reduced fat cheese  
Tofu

Chicken  
Corned beef, lean

### LESS DESIRABLE PROTEIN

Bacon  
Beef, fatty cuts  
lean  
Hard cheese

Regular Ground beef  
Hot dogs

Lamb

Pepperoni  
Pork, except

Salami

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### DESIRABLE FATS

*in moderation*

Almond Butter  
Seed Oils  
Olive Oil  
Coconut Oil

Nuts and Seeds

Olives

Nut and

Avocado