

Low Glycemic Index Food Chart

Protein

Canadian bacon
Canned tuna, salmon, or sardines (packed in water)
Chicken, turkey, or hen (skinless)
Eggs or egg whites
Liquid egg substitute
Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, halibut, etc.)
Red meat (beef, pork, lamb, buffalo, or venison, etc.)
Limit this to once or twice a week and use lean cuts

Seafood (shrimp, scallops, clams, lobster, calamari, octopus, mussels, etc.)
Soy sausage (low fat)
Tofu/tempeh (firm or soft)
Turkey bacon (low fat)
Turkey/chicken sausage (low fat)
Veggie or garden burger (low fat or nonfat)
Lean veal

Dairy and Dairy Substitutes

Cheese (low fat or nonfat)
Soy cheese (nonfat)
Cottage cheese (1% fat)
Almond milk
Nut milk

Oat milk
Skim or 1% milk
Soy or rice milk (1% fat or nonfat, no sugar added)
Yogurt or soy yogurt (1% or nonfat, no sugar added)

Vegetables and Salad Greens

Alfalfa sprouts
Artichokes
Arugula
Asparagus
Avocado
Bean sprouts
Bell peppers (green, red, or yellow)
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Cauliflower
Celery
Collard greens
Cucumbers
Dandelion greens
Eggplant
Endive
Green beans
Hot peppers
Jicama
Kale

Leeks
Lettuce (all types)
Mushrooms
Okra
Olives (limit to 5)
Onions
Parsley
Radishes
Sauerkraut (no sugar added)
Snow peas
Spinach
Tomatoes
Tomato juice (no sugar added), tomato paste, and tomato soup
Vegetable juice (no salt) and
Vegetable soup (no fat)
Water chestnuts
Watercress
Yellow squash
Zucchini
Winter squash (acorn, butternut, spaghetti)

Fruit

Apples (fresh and dried)
Apricots (dried)
Banana (less ripe)
Berries (blueberries, strawberries, raspberries, blackberries, boysenberries)
Cherries
Grapes
Grapefruit
Guava
Honeydew
Kiwi
Kumquats

Lemon
Lychees
Mandarin orange
Mango
Nectarine
Orange
Peach
Pear
Pineapple
Plums
Pomegranate

