



Glycemic Indexes of Commonly Eaten Foods

The following list includes over 75 foods categorized into five groups for simplicity and ease of use.

No GI – Lowest GI

Cucumber	Broccoli	Squash/Zucchini
Spinach	Cabbage	Asparagus
Celery	Peppers (all)	Eggplant
Berries – raspberries, blueberries, blackberries	Artichoke	Lettuce (all)
Radish	Cauliflower	Snow Peas
	Green Beans	Bok Choy

Protein Drinks: whey protein, egg protein, colostrum

Seeds & Nuts: almonds, flax, pumpkin, sesame, sunflower, walnuts, pecans

Lean Meats: grass-fed beef, buffalo, poultry, fish, eggs

Fermented Milk Products: yogurt, kefir

Low GI

(Good to combine with protein and/or nuts)

Grapefruit	All-bran cereal	Peaches	Chana dal
Pears	Apples	Carrots	Kidney Beans
Chick Peas	Grapes	Green Peas	Cherries
Nopal	Oranges	Red Lentils	Strawberries
Pears	Pinto Beans	Plum	

Medium GI

(Large servings result in a high GI; limit portions and combine with protein and/or nuts)

Apple Juice	Parboiled Rice	Orange Juice
Buckwheat	Bananas	Sourdough Wheat Bread
Navy Beans	Fettucine	

Medium – High GI

(Large servings will easily result in a high GI; limit portions and always combine with protein and/or nuts)

Apricots	New Potatoes	Sweet Potato
Wild Rice	Pineapple	

Hi GI

(Any normal serving will easily result in a high GI; significantly limit portion or eliminate these foods. Alternative solution: Must combine with protein and/or nuts)

White Rice	Cornflakes	Shredded Wheat
Life cereal	Couscous	Baked Russet Potato
White Wheat Flour Bread	Sucrose	
Cheerios	Whole Wheat flour/bread	