

Food choice lists

Low-glycemic carbohydrate		Go...eat plenty	
Vegetables	<ul style="list-style-type: none"> Artichoke Arugula Asparagus Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Collard greens 	<ul style="list-style-type: none"> Cucumber Eggplant Endive Green beans Kale Lettuce Mushrooms Onions Peppers Radishes Salsa 	<ul style="list-style-type: none"> Scallions Snap peas Snow peas Spinach Summer squash Swiss chard Tomatoes Turnips Water chestnuts Wax beans Zucchini
Fruits	<ul style="list-style-type: none"> Apple Apricot Blackberries Blueberries Cantaloupe Cherries Clementine Grapes 	<ul style="list-style-type: none"> Grapefruit Honeydew Kiwi Lemon Lime Nectarine Orange Peach 	<ul style="list-style-type: none"> Pear Plum Raspberries Star fruit Strawberries Tangelo Tangerine Watermelon
Beans	<ul style="list-style-type: none"> Black beans Black eyed peas Cannellini beans Edamame 	<ul style="list-style-type: none"> Garbanzo beans Great northern Kidney beans Lentils 	<ul style="list-style-type: none"> Lima beans Navy beans Pinto beans Refried beans
Grains	There are no grains in the low-glycemic carbohydrate category.		
Processed sweets and snacks	There are no processed sweets and snacks in the low-glycemic carbohydrate category.		

Moderate-glycemic carbohydrate		Be careful...control portions	
Vegetables	Acorn squash Beets Butternut squash	Corn Green peas Parsnips	Pumpkin Sweet potato Yam
Fruits	Processed and dried fruits Applesauce Canned fruit (no added sugar) Dried fruit Dates Raisins	Tropical fruits Banana Mango Papaya Pineapple Plantain	
Beans	Boston baked beans		
Grains	100% whole grains ≥3g dietary fiber and ≤3g total sugars per serving Bread Bagel Corn tortilla Crackers (Triscuit®) Waffle Wrap	Pasta Rice Basmati rice Brown rice Wild rice Other Barley Bulgur Quinoa	Cereals ≥4g dietary fiber and ≤6g total sugars per serving Breakfast cereal Rolled oats Steel-cut oats (preferred)
Processed sweets and snacks	Chocolate with ≥70% cocoa. If cocoa is <70%, count as a high-glycemic carbohydrate .		

High-glycemic carbohydrate		Stop and think...limit (or eliminate)	
Vegetables	French fries	Fingerling potatoes Mashed potatoes	White potato, baked Red potato
Fruits	100% fruit juices	Fruit canned in light or heavy syrup	Fruit drinks, punches, or cocktails
Beans	There are no beans in the high-glycemic carbohydrate category.		
Grains	Processed grains <3g dietary fiber or >3g total sugars per serving White bread Bagel Bread sticks Crackers Muffin Pancake Pizza	Rice Jasmine rice White rice Other Couscous	Cereals and bars <4g dietary fiber or >6g total sugars per serving Cold cereal Granola bars Instant oatmeal
	Processed sweets and snacks	Sweets Brownie Cake Cookie Cupcake Danish Doughnut Ice cream Pudding	Snacks Chips Frozen appetizers Popcorn Pretzels Rice cakes 100 calorie packs
	Sugary beverages >1g total sugars per serving Cola 100% fruit juices Fruit drinks, punches, or cocktails	Ginger ale Lemonade Powdered mixes	Sodas Sports drinks Sweet tea

Protein			
Cheese	All cheeses Cottage cheese Crumbled cheese Goat (soft) cheese	Grated style cheese Shredded cheese Sliced cheese	Stick/string cheese Wedge/wheel cheese
Egg	Whole egg Egg substitute Egg white		
Meat alternatives	Seitan Tempeh	Textured vegetable protein Tofu	
Milk and yogurt	Milk Cow's milk, unsweetened Pea milk, unsweetened Soy milk, unsweetened	Yogurt Plain, unsweetened Greek, unsweetened	
Fish	All fish Catfish Cod Flounder Haddock Salmon Swordfish Tilapia Tuna	Shellfish Clams Crab Lobster Scallops Shrimp	
Poultry	All poultry Chicken Turkey	Deli poultry Chicken breast Turkey breast Turkey ham	
Red meat	Red meat includes all varieties of beef, pork, and lamb.		

Fats

<p>Nuts and seeds</p>	<p>Nuts</p> <ul style="list-style-type: none"> Almonds Brazil nuts Cashews Hazelnuts Macadamias Peanuts Pecans Pine nuts Pistachios Soy nuts Walnuts 	<p>Nut butters ≤2g total sugars per serving</p> <ul style="list-style-type: none"> Almond butter Cashew butter Peanut butter Soy butter Sunflower butter 	<p>Seeds</p> <ul style="list-style-type: none"> Chia Flax Pumpkin Sesame Sunflower
<p>Oils and dressings</p>	<p>Oils</p> <ul style="list-style-type: none"> Avocado Grapeseed Olive Peanut Safflower Sesame Soybean Walnut Vegetable 	<p>High fat foods</p> <ul style="list-style-type: none"> Avocado Coconut milk Guacamole Hummus Olives 	<p>Dressings <3g total sugars per serving</p> <ul style="list-style-type: none"> Bleu cheese Italian Ranch Vinaigrette
<p>Spreads and toppings</p>	<ul style="list-style-type: none"> Butter Buttery spreads 	<ul style="list-style-type: none"> Cream cheese Mayonnaise 	<ul style="list-style-type: none"> Sour cream