

Glycemic Index

Grains and Starches

Low glycemic index Choose most often	Medium glycemic Choose less often	High glycemic index Choose least often
Breads: Sourdough Bread Tortilla (Whole Grain) Cereal: Oat Bran Oats (Steel Cut) Grains: Barley Bulgur Pasta (Al Dente, Firm) Quinoa* Rice (Converted, Parboiled) Other: Peas Popcorn	Breads: Chapati (white, wholewheat) Pita bread (white, wholewheat) Roti (white, wholewheat) Rye bread Stone ground wholewheat bread Whole grain wheat bread Cereal: Cream of Wheat™ (regular) Oats (instant, large and quick) Grains: Basmati rice Brown rice Cornmeal Couscous Rice noodles White rice (short, long grain) Others: Corn Rye crisp crackers	Breads: Whole wheat bread White bread Naan (white, whole wheat) Cereal: All-Bran Flakes™* Corn Flakes™ Cream of Wheat™ (instant) Puffed wheat cereal Puffed rice cereal Special K cereal™ Grains: Jasmine rice Millet Sticky rice Instant white rice Other: Carrots Potato (instant mash)* Potato (red, white)* Pretzels Rice cakes Soda crackers

Fruits

Low glycemic index Choose most often	Medium glycemic Choose less often	High glycemic index Choose least often
Apple Apricot* Banana (green, unripe)* Berries Cantaloupe* Grapefruit Honeydew melon* Mango* Orange* Peach* Pear Plum* Pomegranate* Prunes*	Banana (ripe, yellow)* Cherries* Cranberries (dried) Figs* Grapes Kiwi* Lychee* Pineapple Raisins*	Banana (brown, overripe)* Watermelon

*these items are high in potassium and may need to be limited if you are following a low potassium diet

Milk, Alternatives and Other Beverages

Low glycemic index Choose most often	Medium glycemic Choose less often	High glycemic index Choose least often
Almond milk Cow milk** Frozen yogurt** Greek yogurt** Soy milk** Yogurt**		Rice milk

**speak with your dietitian to see if you need to limit these foods due to their potassium and phosphorous content.

Meat and Alternatives

Low glycemic index Choose most often	Medium glycemic Choose less often	High glycemic index Choose least often
Chickpeas Lentils	Lentil soup Split-pea soup	