



Fruit

Apples (fresh & dried)
 Apricots (dried)
 Bananas (less ripe)
 Berries (blueberries, strawberries, raspberries, blackberries, boysenberries)
 Cherries
 Grapes
 Grapefruit
 Guava
 Honeydew
 Kiwi
 Kumquats
 Lemon
 Lime
 Lychees
 Mandarin orange
 Mango
 Nectarine
 Orange
 Papaya
 Passionfruit
 Peach
 Pear
 Pineapple
 Plums
 Pomegranate

Medium GI: Apricots, breadfruit, currents, papaya, raisins

High GI: Cantaloupe, dates (fresh), figs (fresh), watermelon



Lean Protein

Beef tenderloin*
 Bison*
 Canadian bacon
 Canned tuna, salmon, or sardines (water-packed)
 Chicken, turkey, or hen (skinless)
 Eggs or egg whites or substitutes
 Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
 Ground turkey, lean
 Kefir*
 Pork tenderloin*
 Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
 Soy sausage (low fat)
 Tofu/tempeh (firm or soft)
 Turkey bacon (low fat)

Dairy & Substitutes

Cheese (lowfat/nonfat—0-2 g/oz)
 Soy cheese (nonfat)
 Cottage cheese (1% fat)
 Milk: Almond, cow, nut, oat, soy, rice (1% fat or nonfat, no sugar added)
 Yogurt, soy yogurt--1% fat/non, no sugar added

Healthy fats

Almonds, avocados, cashews, cold-water fish, flaxseed, hazelnut oil, nut butters, olive oil, pecans, pumpkinseed oil, safflower oil, sunflower seeds, walnuts



Eating Healthy with ZinDiva: Low Glycemic Index Foods

Recipes: ZinDiva.wordpress.com
 Email: CookingWithZinDiva@gmail.com



Veggies

Acorn squash
 Alfalfa sprouts
 Artichokes
 Arugula
 Asparagus
 Avocado
 Bean sprouts
 Bell peppers
 Bok choy
 Broccoli
 Brussels sprouts
 Butternut squash
 Cabbage (red or white)
 Cauliflower
 Carrots
 Celery
 Collard greens
 Cucumbers
 Dandelion greens
 Eggplant
 Endive
 Green beans
 Eggplant
 Endive
 Green beans
 Greens (Beet, Turnip)
 Hot peppers
 Jicama
 Kale
 Leeks
 Lettuce
 Mushrooms



More Veggies

Okra
 Olives (limit 5)
 Onions
 Parsley
 Radishes
 Snow peas
 Spaghetti squash
 Spinach
 Sweet potato
 Tomatoes
 Tomato juice (no salt)
 Tomato paste
 Tomato sauce
 Tomato soup
 Vegetable juice (no salt)
 Vegetable soup (low fat)
 Water chestnuts
 Watercress
 Yellow squash
 Zucchini
 Winter squash

Medium GI

Beets
 Corn
 New Potato
 Taro

High GI

French fries, Hash Browns, Potato chips, Parsnips,
 White potato, Pumpkin



Low-GI Carbs

Beans:

Baked beans (no sugar added)*
 Beans*--red, black, garbanzo, lima, mung, pinto, soy
 Peas (green, black-eyed)
 Lentils*

Grains

Amaranth
 Barley (pearled or hulled)
 Bran (oat, rice, wheat)
 Bread (high fiber or low carb, Ezekiel bread)
 Buckwheat (kasha, groats)
 Bulgar wheat
 Egg noodles
 Nuts, seeds
 Pasta (high protein, high fiber)
 Quinoa
 Brown rice (steamed)
 Rye
 Wheat germ
 Udon noodles

Medium-GI Carbs

Bean thread (Chinese noodles)
 Buckwheat & other whole-grain noodles
 Cornmeal
 Couscous
 Cereal: All-Bran, Bran Buds, Cream of Wheat
 muesli or granola (no sugar added)
 oatmeal (steel-cut)
High GI: Bagels, cookies, doughnuts, millet,
 polenta, brown/white rice (boiled), white flour