

Low Glycemic Load Diet

- FOOD LIST

Legumes: Average serving size = 1/2 cup or as indicated (**1 serving = 110 calories**)

- Split peas, sweet green peas, lentils
- Beans - garbanzo, pinto, fat-free refried, kidney, black, lima, cannellini, navy, mung, green soy beans
- Hummus (1/4 cup)

Nuts & Seeds: Serving size as indicated (**1 serving = 100 calories**)

- Almonds, or hazelnuts, 10-12 whole nuts
- Walnut or pecan halves, 7-8
- Peanuts, 18 or 2 Tbsp
- Pistachios, sunflower, pumpkin, sesame seeds, 2 Tbsp
- Nut butter, 1 Tbsp, made from nuts above

Category 1 Vegetables: (1/2 cup serving = 10-25 calories)

Servings: Unlimited

- Asparagus
- Artichokes
- Bamboo shoots
- Bean sprouts
- Bell or other peppers
- Broccoli, broccoflower
- Brussell sprouts
- Cauliflower
- Celery
- Cucumber/dill pickles
- Cabbage (all types)
- Chives, onion, leeks, garlic
- Greens: bok choy, escarole, swiss chard, kale, collard greens, watercress, spinach, dandelion, mustard, or beet greens
- Lettuce/mixed greens: romaine, red and green leaf, endive, spinach, argula, radicchio, watercress, chicory
- Salsa (sugar free)
- Sea vegetables (kelp ect)
- Tomato or mixed vegetable juice
- Eggplant
- Green beans
- Mushrooms
- Okra
- Radishes
- Snow peas
- Sprouts
- Tomatoes
- Water chestnuts, 5 whole
- Zucchini, yellow, summer or spaghetti squash

Category 2 Vegetables: Average serving size = 1/2 cup or as indicated (**1/2 cup serving = 45 calories**)

- Carrots, 2 med. raw or 12 baby; 1/2 cup cooked
- Rutabaga, parsnips, turnips, 1/3 cup cooked
- Beets, winter squash, (acorn or butternut)
- Sweet potatoes or pams, 1/2 medium baked
- Yukon Gold potatoe, 1/2 medium

Fruit:

(1 serving = 80 calories)

- Apple, 1 med
- Apricot, 3 med
- Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1 1/2 cups
- Cherries, 15
- Fresh figs, 2
- Grapes, 15
- Grapefruit, 1 whole
- Kiwi, 2
- Mango, 1/2
- Cantaloupe, 1/2 med
- Honeydew, 1/4 small
- Watermelon, 2 cups
- Nectarine, 2 small
- Orange, 1 large
- Peach, 2 small
- Pear, 1 med
- Plum, 3 small
- Tangerine, 2 small

Concentrated Protein Sources: (3 oz = 1 serving = 150 calories)

Meat, poultry and fish should be grilled, baked, roasted and fish can also be poached.

- Eggs, 2 whole eggs or 3 egg whites plus one whole egg
- Egg substitute, 2/3 cup
- Fish, including shellfish, 3 oz fresh or 3/4 cup water-canned
- Poultry: chicken or cornish hen (breast), turkey
- Leg of lamb, lean cut
- Beef, very lean
- Low fat cottage cheese, 3/4 cup
- Ricotta, part skim or nonfat, 1/2 cup
- Mozzarella, part skim or nonfat, 2 oz or 1/2 cup (shredded)
- Parmesan cheese, 2 Tbsp grated = 1/2 serving
- Tofu (fresh), 8 oz or 1 cup or 3.5 oz cube (baked)
- Tempeh, 3 oz or 1/2 cup
- Soy or veggie burger, 4 oz
- TVP (soy protein concentrate), 1/3 cup = 1/2 serving

Whole Grains: Average serving size = 1/2 cup cooked or as indicated (1 serving = 75-100 calories)

- Amaranth, teff and quinoa
- Basmati and other brown rice, wild rice
- Bulgur (cracked wheat)
- Barley, Buckwheat groats, or millet
- Whole oats, raw 1/3 cup; cooked oatmeal 3/4 cup
- Whole wheat, spelt or kamut berries
- 100% whole wheat, spelt or kamut pasta
- Whole grain rye crackers, 3 each (e.g. Ryvita, Sesame Rye; WASA, Lite Rye; or Fibre Wheat)
- Bread; mixed whole grain or 100% whole rye, 1 slice
- Whole wheat tortilla or pita, 1/2
- Low-carb tortilla, 2 small or 1 large

Dairy: Average serving size = 6 oz (1 serving = 80 calories)

- Low fat yogurt, plain, 4 oz
- Fat free yogurt, plain, 4 oz
- Soy milk, plain
- Buttermilk
- Non fat, 1% or 2% fat milk

Oils: Average serving size = 1 tsp (1 tsp = 40 calories)

- Flax seed oil (keep refrigerated)
- Extra virgin olive, canola and walnut oils
- Mayonnaise made with canola or grapeseed oil
- Olives, 8-10 medium
- Avocado

Beverages:

- Decaffeinated herbal or green tea
- Decaffeinated coffee
- Water
- Seltzer, plain or flavoured

Condiments:

- Cinnamon
- Mustard
- Horseradish
- Tamari Soy Sauce
- Vinegar
- Lemon
- Lime
- Flavoured extracts (e.g. vanilla or almond)
- Herbs/spices
- Stevia
- Agave nectar