



Low glycemic load diet. Food list

Food	Serving size	Recommend	
Legumes	1/2 cup or as indicated (1 serving = 110 calories)	<ul style="list-style-type: none"> • Beans—garbanzo, pinto, fat-free refried, kidney, black, lima, cannellini, navy, mung, green soy beans. 	<ul style="list-style-type: none"> • Hummus (1/4 cup) • Split peas, sweet green peas, lentils.
Nuts & seeds	As indicated (1 serving = 100 calories)	<ul style="list-style-type: none"> • Almonds or hazelnuts: 10-12 whole nuts • Walnut or pecan halves: 7-8 • Peanuts: 18 or 2 tablespoons 	<ul style="list-style-type: none"> • Pistachios, sunflower, pumpkin, sesame seeds: 2 tablespoons • Nut butter (made from the above listed nuts): 1 tablespoon
Whole grains	1/2 cup cooked or as indicated (1 serving = 75-100 calories)	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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
Fruit	As indicated (1 serving = 110 calories)	<ul style="list-style-type: none"> • Apple, 1 med • Apricot, 3 med • Cherries, 15 • Fresh figs, 2 • Grapes, 15 • Grapefruit, 1 whole • Kiwi, 2 - Mango, 1/2 • Cantaloupe, 1/2 med • Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1 1/2 cups 	<ul style="list-style-type: none"> • 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
Dairy	Average serving size: 6 oz (1 serving= 80 calories)	<ul style="list-style-type: none"> • Low fat yoghurt, plain: 4 oz • Fat free yoghurt, plain: 4 oz • Non fat, 1% or 2% fat milk 	<ul style="list-style-type: none"> • Soy milk, plain • Buttermilk



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Food	Serving	Recommend
Category 1 Vegetables	Unlimited (1/2 cup serving = 10-25 calories)	<ul style="list-style-type: none"> • Asparagus • Artichokes • Bamboo shoots • Bean sprouts • Bell or other peppers • Broccoli, broccoli flower • 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 • 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:	1/2 cup or as indicated (1/2 cup serving = 45 calories)	<ul style="list-style-type: none"> • Sweet potatoes or yams, 1/2 medium baked • Yukon Gold potatoes, 1/2 medium • Rutabaga, parsnips, turnips, 1/3 cup cooked • Carrots, 2 med. raw or 12 baby; 1/2 cup cooked • Beets, winter squash, (acorn or butternut)
Condiments		<ul style="list-style-type: none"> • Cinnamon • Mustard • Horseradish • Tamari Soy Sauce • Vinegar • Lemon • Lime • Flavoured extracts (e.g. vanilla or almond) • Herbs/spices • Stevia • Agave nectar



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Food	Serving	Recommend	
Concentrated Protein Sources	3 oz (3 oz = 150 calories) Meat, poultry and fish should be grilled, baked, roasted and fish can also be poached.	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Ricotta, part skim or non-fat, 1/2 cup • Mozzarella, part skim or non-fat, 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
Oils:	1 tsp (1 tsp = 40 calories)	<ul style="list-style-type: none"> • Flax seed oil (keep refrigerated) • Extra virgin olive, canola and walnut oils 	<ul style="list-style-type: none"> • Mayonnaise made with canola or grapeseed oil • Olives, 8-10 medium • Avocado
Beverages		<ul style="list-style-type: none"> • Decaffeinated herbal or green tea • Water 	<ul style="list-style-type: none"> • Decaffeinated coffee • Seltzer, plain or flavoured