

Low Glycemic Load Diet – FOOD LIST

<p>Legumes: average serving size = ½ cup or as indicated (1 serving = 110 calories)</p> <ul style="list-style-type: none"> • Split peas, sweet green peas, lentils • Beans – garbanzo, pinto, fat-free refried, kidney, black, lima, cannellini, navy, mung, green soy beans • Hummus (¼ cup) • Bean soups, ¾ cup 	<p>Nuts and Seeds: serving size as indicated (1 serving = 100 calories)</p> <ul style="list-style-type: none"> • Almonds, or hazelnuts, 10-12 whole nuts • Walnut or pecan halves, 7-8 • Peanuts, 18 nuts or 2 Tbsp. • Pistachios, sunflower, pumpkin, sesame seeds, 2 Tbsp. • Nut butter, 1 Tbsp. made from above nuts
<p>Category 1 Vegetables: (½ cup serving = 10-25 cal.) Servings: Unlimited</p> <ul style="list-style-type: none"> • Eggplant • Asparagus • Artichokes • Bamboo shoots • Bean sprouts • Bell or other peppers • Broccoli, broccoflower • Brussels 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, arugula, radicchio, watercress, chicory • Salsa (sugar-free) • Sea vegetables (kelp, etc.) • Tomato or mixed vegetable juice 	<p>Fruit: (1 serving = 80 calories)</p> <ul style="list-style-type: none"> • Apple, 1 med • Apricot, 3 med • Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1½ cups • Cherries, 15 • Fresh figs, 2 • Grapes 15 • Grapefruit 1 whole • Kiwi, 2 • Mango ½ • Cantaloupe, ½ med • Honeydew, ¼ small • Watermelon, 2 cups • Nectarine, 2 small • Orange, 1 large • Peach, 2 small • Pear, 1 med • Plum, 3 small • Tangerine 2 small <p>Dairy: average serving size = 6 oz. (1 serving = 80 calories)</p> <ul style="list-style-type: none"> • Low-fat yogurt, plain, 4 oz. • Fat-free yogurt, plain, 4 oz • Soy milk, plain • Buttermilk • Non-fat, 1% or 2% fat milk
<p>Category 2 Vegetables: average serving size = ½ cup or as indicated. (1 serving = 45 calories)</p> <ul style="list-style-type: none"> • Carrots, 2 med. raw or 12 baby; ½ cup cooked • Rutabaga, parsnips, turnips, ½ cup cooked • Beets, winter squash (acorn or butternut) • Sweet potatoes or yams, ½ medium baked • Yukon Gold potato, ½ medium 	<p>Oils: average serving size = 1 tsp. or as indicated (1 teaspoon = 40 cal.)</p> <ul style="list-style-type: none"> • Flax seed oil (keep refrigerated) • Extra virgin olive, canola and walnut oils • Mayonnaise made with canola or grapeseed oil • Olives, 8 –10 medium • Avocado, ¼
<p>Concentrated Protein Sources: (3 oz = 1 serving = 150 calories) <i>Meat, poultry, and fish should be grilled, baked, roasted, and fish can also be poached</i></p> <ul style="list-style-type: none"> • Eggs, 2 whole eggs or 3 egg whites plus 1 whole egg • Egg substitute, ¾ cup • Fish, including shellfish, 3 oz fresh or ¾ cup water-canned • Poultry: chicken or cornish hen (breast), turkey • Leg of lamb, lean cut • Beef, very lean • Low fat cottage cheese, ¾ cup • Ricotta, part skim or nonfat, ½ cup • Mozzarella, part skim or nonfat, 2 oz. or ½ cup (shredded) • Parmesan cheese, 2 Tbsp grated = ½ serving • Tofu (fresh), 8 oz or 1 cup or 3.5 oz cube (baked) • Tempeh, 3 oz or ½ cup • Soy or veggie burger, 4 oz • TVP (soy protein concentrate), ⅓ cup = ½ serving 	<p>Whole Grains: Average serving size: ½ cup cooked or as indicated. (1 serving = 75-100 calories)</p> <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, ½ cup; cooked oatmeal ¾ 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 Fiber Wheat) • Bread: mixed whole grain or 100% whole rye, 1 slice • Whole wheat tortilla or pita, ½ • Low-carb tortilla, 2 small or 1 large
<p>Beverages: Decaffeinated herbal or green tea, decaffeinated coffee, water, seltzer, plain or flavored.</p>	<p>Condiments: Cinnamon, mustard, horseradish, tamari soy sauce, vinegar, lime, lemon, flavored extracts (e.g., vanilla or almond), other herbs/spices, stevia, agave nectar</p>