



Low Glycemic Index Food list

By Marcus Ettinger DC, BSc

<p>Beans : Servings: 1 2 3 per day (1 Serving = 130 Calories) Serving size = 1/2 cup cooked: Yellow & Green Beans, Peas, All Beans – Pinto, Kidney, Lentils, Soy....</p>	<p>Nuts and Seeds: Servings: 1 2 per day (1 Serving = 100 Calories) Serving size = 10 - 12 Whole Almonds, Cashews or Hazelnuts; 2 Tablespoons Sunflower, Pumpkin or Sesame Seeds; 4-5 Walnuts or Pecan Halves.</p>
<p>Non-Starchy Vegetables: Servings: Unlimited (1/2 cup = 15 Calories) Asparagus, Artichoke, Bell Pepper, Broccoli, Brussels Sprouts, Cauliflower, Celery, Cabbage, Chive, Onion, Garlic, Leeks, Cucumber, Eggplant, Radish, Snow Peas, Sprouts, Zucchini, All Greens: Spinach, Lettuce.... Avocado (up to 1/4 whole).</p>	<p>Fruit: Servings: 2 3 per day (1 Serving = 80 Calories) Serving size = 1 whole fruit or 1/2 cup canned with juice or water: Apples, Apricots, Berries (all), Cherries, Fresh Figs, Grapes, Melons, (except watermelon) or 1/2 sliced: Grapefruit, Nectarine, Orange, Peach, Pear or Plum.</p>
<p>Starchy Vegetables: Servings: 1 2 per day (not to be eaten in the same meal as whole grains) (1 Serving = 55 Calories) Serving size = 1/2 cup cooked or 1 cup raw: Carrots, Beets, Sweet Potatoes, Yams, Acorn Squash or Tomatoes</p>	<p>Dairy: Servings 1 (6oz) serving per day (1 serving = 90-120 Calories) Low Fat or Fat Free (plain) Yogurt, Low Fat (plain) Soy Yogurt. OR 2 tablespoons (20-40 Cal.) Non Fat or Lite Sour Cream, Non Fat Cream Cheese, AND 2 tablespoon (20 Cal) dry Romano or Parmesan Cheese.</p>
<p>Protein: Servings: 1 2 3 4 per day (1 Serving = 150 Calories) Serving size = 3oz Meat, Fish, Chicken, OR 2 Egg OR 1/2 cup Non-fat Cottage Cheese. Other Protein Sources: Egg Substitute, Shellfish, Chicken Breast, Turkey, Leg of Lamb, Tofu, Tempeh, Soy or Whey Protein Concentrate</p>	<p>Whole Grains: Servings 1 per day (1 serving = 100 Calories) Serving size = 1/2 cup cooked grains Or 1 Slice of Bread Or 1/2 Whole Wheat Pita. [Grains] Basmati or other Brown Rice, Whole Barley, Wild Rice 100% Whole Wheat Pasta [Bread] 1 Slice: Sprouted Multi Grain, Kamut, Spelt, Whole Oats, Millet, Buckwheat Or 2 Slices: Orowheat / Wonder Lite Bread</p>
<p>Oils: Servings: 1 2 Tablespoons per day (1 Tablespoon Serving = 105 Calories) Flax Seed Oil Cold Pressed Extra Virgin Olive Oil Sesame Oil</p>	<p>Condiments: Servings: Unlimited (<10 Calories per Serving) Mustard, Horseradish, Soy Sauce, Rice, Vinegar, Hot Sauce/Salsa. Lite Mayonnaise 1 tablespoon ONLY (50 Calories)</p>

Beverages : Servings: Unlimited - Coffee, Decafe, Herbal Tea, Tea or Distilled Water.