

Glycemic Index

A low glycemic diet may help you:

- Lower blood sugars
- Lose weight
- Reduce insulin resistance
- Reduce symptoms of PCOS (polycystic ovarian syndrome).
- Improve endurance training and sports performance
- Reduce heart disease
- Lower lipids
- Prevent diabetes
- Prevent heart disease
- Reduce hunger

Low Glycemic <i>Desirable Foods</i>	Medium Glycemic <i>Moderately Desirable</i>	High Glycemic <i>Least Desirable</i>
<i>Grains, Cereals and Breads:</i>		
Oat Bran Cereals All Bran Slow-cooking oatmeal Uncle sam's Cereal Fiber One Oat Bran bread Pumpnickel bread Whole-grain rye bread Protein-enriched Spaghetti Rice bran Cooked bulgar	Bran Chex Grape Nuts Cream of Wheat Museli Shredded Wheat Wasa Bread Brown rice Instant oat cereal Ezekiel 4:9 bread Melba Toast Sprouted wheat bread Shiloh Farms bread	Instant cereals Flaked cereals English muffins White flour doughnuts White breads Corn breads Glitinous rice Instant white rice French bread White bagel White pasta White waffles and pancakes
<i>Fruits:</i>		
Cherries Grapefruit Peaches Pears Plums Grapes Apples	Kiwi fruit Apple juice Applesauce Oranges Orange juice Prunes	Banana, ripe Raisins, dried Mango Pineapple Fruit juice (sugar sweetened)

<i>Snacks:</i>		
Peanuts Graham crackers Almonds Walnuts	Rye crispbread Microwave popcorn Stone-ground Wheat Thins	Potato chips Rice cakes Oatmeal cookies Sugar-sweetened cookies
<i>Beans:</i>		
Lentils Black-eyed peas Lima beans Chick peas Navy beans Butter beans Soy beans Tempeh Tofu Soy burgers	Pinto beans Kidney beans Baked beans Chick peas, canned Garbanzo beans Lentils, canned	
<i>Vegetables:</i>		
Tomatoes Green peas Artichoke Broccoli Asparagus Brussel sprouts Cauliflower Cucumber Celery Cabbage Green peppers Mushrooms Onions Radishes	Yams Frozen peas Beets	Boiled white potatoes Instant mashed potatoes Instant potato Microwaved potato