

Duke Lipid Clinic Low Glycemic Diet Plan

Low Glycemic Foods (20-49)	Moderate Glycemic Foods (50-69)	High Glycemic Foods (70-100)
<p>Breakfast Cereals: All-Bran All-Bran Fruit ' n Oats Fiber One Oatmeal (not instant) Oat bran</p> <p>Fruits and fruit juices: (Limit to 1-2 servings per day) Apples Apricots (fresh & dried) Blackberries Blueberries Cherries Cranberries Peaches Pears Plums Prunes Grapefruit Raspberries Strawberries Tangerine</p> <p>Apple juice Grapefruit juice Tomato juice</p> <p>Beans and legumes (fresh-cooked): Black-eyed peas Butter beans Chick peas Lentils Green beans Lima beans Kidney beans Navy beans Pinto beans Snow peas</p> <p>Non-starchy vegetables: Asparagus, avocado, broccoli, cabbage, cauliflower, celery, cucumber, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash</p> <p>Grains: Barley Bulgur Rye Wild rice</p> <p>Nuts and oils : Almonds Peanuts Sunflower seeds Hazelnuts Pecans Walnuts Oils that are liquid at room temperature</p> <p>Dairy, fish, meat, soy, and eggs: Milk, skim Lowfat cheese Yogurt, lowfat, fruit sugar sweetened</p> <p>Lean red meat Fish Skinless chicken & turkey Shellfish</p> <p>Egg whites (up to 3 daily) Soy products Egg yolks (up to 7 or _____ per week)</p>	<p>Breakfast Cereals: Bran Buds Bran Chex Just Right Mini-Wheats Special K Swiss muesli</p> <p>Fruits: Banana (under-ripe) Dates Figs Grapes Kiwi Mango Oranges Raisins</p> <p>Fruit Juices: Cranberry juice Orange juice</p> <p>Beans and legumes: Boston-type baked beans Canned pinto, kidney, or navy beans Green peas</p> <p>Vegetables: Beets Carrots Sweet potato Yam Corn on the cob</p> <p>Breads: Pita (pocket) bread Oat bran bread Pumpernickel bread Rye bread Wheat bread, high fiber</p> <p>Grains: Cornmeal Rice, brown Rice, white Couscous</p> <p>Pasta: Macaroni Pizza, cheese Ravioli, meat filled Spaghetti, white</p> <p>Nuts: Cashews Macadamia</p> <p>Snacks: Chocolate Ice cream, lowfat Muffin Popcorn</p>	<p>Breakfast Cereals: Cheerios Corn Chex Corn Flakes Cream of Wheat Grape Nuts Grape Nut Flakes Grits Nutri-Grain Puffed Rice Puffed Wheat Rice Chex Rice Krispies Shredded Wheat Team Total</p> <p>Fruits: Pineapple Watermelon Banana (over-ripe)</p> <p>Beverages: Sodas, sweet tea, pineapple juice</p> <p>Vegetables: Potato, baked, boiled, fried, mashed French fries Canned or frozen corn Parsnips Winter squash</p> <p>Breads: Most breads (white and whole grain) Bagels Bread sticks Bread stuffing Kaiser roll Dinner rolls</p> <p>Grains: Rice, instant Tapioca, with milk</p> <p>Candy and most cookies</p> <p>Snacks: Donuts Corn chips Jelly beans Pretzels Pastries</p> <p>Restaurant and ethnic foods Most Chinese food (sugar in stir fry or wok sauces) Teriyaki-style meats and vegetables</p>