

GLYCEMIC INDEX SNACK LIST

CHOOSE **LOW GLYCEMIC** WHENEVER POSSIBLE

LOW

Apples
Beans
Beef
Bread - 100% whole grain
Cheese
Chicken
Corn tortillas
Cottage cheese
Dates
Eggs
Grapefruit
Grapes
Green vegetables
Hummus
Lentils
Milk
Nutella
Nutrition shakes
Nutrition bars – most
Nuts
Oatmeal - steelcut or rolled
Pasta
Peaches
Peanut butter
Pears
Plums
Pork
Prunes
Quinoa
Seeds
Tofu
Soy milk
Tomatoes
Turkey
Yogurt (plain)

MODERATE

Apricots
Bananas
Bean soups
Beets
Berries
Biscuits
Blueberries
Breads - some
Cantaloupe
Cereal bars
Cereals - many
Cherries
Chocolate
Cola
Corn
Couscous
Crackers - most
Croissants
Dried fruit
Granola
Honey
Ice cream
Juices
Kiwi
Muesli
Muffins
Orange juice
Pineapple
Popcorn
Potato chips
Raisins
Strawberries
Sugar
Sweet potatoes

HIGH

Bagels
Baked potatoes
Bread - white
Cakes
Candy
Carrots
Cereals - many
Chapatti
Cookies
Corn chips
Donuts
English muffins
French bread
French fries
Graham crackers
Naan
Oatmeal - instant
Peas
Potatoes
Pretzels
Rice
Rice cakes
Sports drinks
Vanilla wafers
Waffles
Watermelon
Yams