**Low Glycemic** **Fruit:**

Apple

Kiwi

Applesauce, unsweetened

Lemon

Blueberries

Lime

Blackberries

Mandarin oranges

Boysenberries

Nectarine

Raspberries

Orange

Gooseberries

Peach

Strawberries

Pear

Casaba melon

Persimmon

Honeydew melon

Plum

Cherries

Pomegranate

Figs, fresh

Tangerine

Grapes

Tangelo

Grapefruit

**Mangos and papayas could be low glycemic if they are not over ripe. These fruits canned in water with no sugar added are low glycemic. No more than 1/2 cup unsweetened 100% pure fruit juice mixed with water (pulp lowers glycemic response).**

**Low Glycemic Vegetables:**

Artichoke

Leeks

Arugula

Lettuces

Asparagus

Mushrooms

Avocado

Okra

Beans, garbanzo

Onions

Beans, lime

Olives

Bean sprouts

Peas, dried, green or split

Black eyed peas

Pickles

Broccoli

Radishes

Brussels sprouts

Sauerkraut

Cabbage

Scallions

Cauliflower

Snow peas

Celery

Spinach

Collard greens

Squash, summer yellow

Eggplant

Sweet potatoes, yams

Endive

Tomatoes

Escarole

Turnip greens

Bell peppers, red, yellow, green Water chestnuts

Kale Watercress

Kohlrabi Zucchini

**Beets, carrots and winter squash are nutrient dense and are not starchy vegetables.**

**Beets have a moderate index. All other vegetables are low glycemic and can and should be consumed as juice.**

**Half your plate should be vegetables and fruits each meal. To keep your monthly grocery budget happy choose organic fruits and vegetables that are off of the current dirty dozen and clean 15** [**www.ewg.org**](http://www.ewg.org) **list. Sticking to buying the fruits and vegetables that are on the dirty dozen organic and the fruits and vegetables that are on the clean list non-organic. It would also help to buy as local as possible. Get to know your farmers and ask the questions on how they farm their land.**

**When deciding to add whole grains back into your diet please consider the dynamics of your personal health. Consuming to many grains and gluten throughout your day can cause a negative health effect such as- inflammation, digestion issues, weight gain/stall, congestion, headaches fatigue, body aches, brain fog and more. So be mindful of how you are feeling and cut out grains if you feel any of the above symptoms to see if your symptoms clear up. If the symptoms do not clear up within a month you may want to consider a blood allergy test to help determine if you have any allergies or food sensitivities. If you feel you would like to explore this testing in more detail contact me directly so we can set up a consultation.**

**So as you can see below all the whole grains have an asterisk\* after them. This means that they have a high glycemic load. Don’t eat more than 1 serving per meal and for most people no more than 2 servings a day. As a general guideline choose organic grains to avoid the GMO’s and other pesticides that are sprayed on the plants before they harvest it.**

100% Organic whole grain breads\*

- The more whole grains and seeds in the bread the lower the index.

Sprouted Organic grain breads \*

Sprouted Organic grain tortillas (same)\*

100% Organic whole wheat tortillas\*

100% Organic whole grain cereals\* hot and cold (no sugar or additives added, made out of the whole grain like bran, muesli, buckwheat.)\*

Oatmeal\*

**Pastas\***

Quinoa pasta (high protein)\*

All dry pasta is low glycemic but the high protein and whole grain pastas have an even lower glycemic index. Do not overcook.

**Whole Grains\***

Barley\*

Quinoa\*

Bulgur\*

Buckwheat kasha\*

Rye\*

Wild Rice\*

100% organic whole wheat flour and products made with unrefined, unprocessed whole wheat.\*

100% organic whole grain pancake mixes\* may be low glycemic

Rice is generally high glycemic but if you can find parboiled, high amylose rice this one has the lowest index. Amylose is the type of starch in the rice and it is soluble. You don’t want sticky rice. Using a rice cooker helps. Also chilled rice as in rice rolls makes it resistant starch and a lower glycemic index. \*