

## Food choice lists

| Low-glycemic carbohydrate          |  | Go...eat plenty  |
|------------------------------------|--|--|
| <b>Vegetables</b>                  | <ul style="list-style-type: none"> <li>Artichoke</li> <li>Arugula</li> <li>Asparagus</li> <li>Bok choy</li> <li>Broccoli</li> <li>Brussels sprouts</li> <li>Cabbage</li> <li>Carrots</li> <li>Cauliflower</li> <li>Celery</li> <li>Collard greens</li> </ul> | <ul style="list-style-type: none"> <li>Cucumber</li> <li>Eggplant</li> <li>Endive</li> <li>Green beans</li> <li>Kale</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Onions</li> <li>Peppers</li> <li>Radishes</li> <li>Salsa</li> <li>Scallions</li> <li>Snap peas</li> <li>Snow peas</li> <li>Spinach</li> <li>Summer squash</li> <li>Swiss chard</li> <li>Tomatoes</li> <li>Turnips</li> <li>Water chestnuts</li> <li>Wax beans</li> <li>Zucchini</li> </ul> |
| <b>Fruits</b>                      | <ul style="list-style-type: none"> <li>Apple</li> <li>Apricot</li> <li>Blackberries</li> <li>Blueberries</li> <li>Cantaloupe</li> <li>Cherries</li> <li>Clementine</li> <li>Grapes</li> </ul>  | <ul style="list-style-type: none"> <li>Grapefruit</li> <li>Honeydew</li> <li>Kiwi</li> <li>Lemon</li> <li>Lime</li> <li>Nectarine</li> <li>Orange</li> <li>Peach</li> <li>Pear</li> <li>Plum</li> <li>Raspberries</li> <li>Star fruit</li> <li>Strawberries</li> <li>Tangelo</li> <li>Tangerine</li> <li>Watermelon</li> </ul>   |
| <b>Beans</b>                       | <ul style="list-style-type: none"> <li>Black beans</li> <li>Black eyed peas</li> <li>Cannellini beans</li> <li>Edamame</li> </ul>  | <ul style="list-style-type: none"> <li>Garbanzo beans</li> <li>Great northern</li> <li>Kidney beans</li> <li>Lentils</li> <li>Lima beans</li> <li>Navy beans</li> <li>Pinto beans</li> <li>Refried beans</li> </ul>  |
| <b>Grains</b>                      | There are no grains in the <b>low-glycemic carbohydrate</b> category.  |  |
| <b>Processed sweets and snacks</b> | There are no processed sweets and snacks in the <b>low-glycemic carbohydrate</b> category.   |  |

| Moderate-glycemic carbohydrate     |  | Be careful...control portions  |  |
|------------------------------------|--|--|--|
| <b>Vegetables</b>                  | Acorn squash<br>Beets<br>Butternut squash  | Corn<br>Green peas<br>Parsnips   | Pumpkin<br>Sweet potato<br>Yam   |
| <b>Fruits</b>                      | <b>Processed and dried fruits</b><br>Applesauce<br>Canned fruit (no added sugar)<br>Dried fruit<br>Dates<br>Raisins  | <b>Tropical fruits</b><br>Banana<br>Mango<br>Papaya<br>Pineapple<br>Plantain   |  |
| <b>Beans</b>                       | Boston baked beans   |  |  |
| <b>Grains</b>                      | <b>100% whole grains</b><br><b>≥3g dietary fiber and</b><br><b>≤3g total sugars per serving</b><br>Bread<br>Bagel<br>Corn tortilla<br>Crackers (Triscuit®)<br>Waffle<br>Wrap | <b>Pasta</b><br><b>Rice</b><br>Basmati rice<br>Brown rice<br>Wild rice<br><b>Other</b><br>Barley<br>Bulgur<br>Quinoa | <b>Cereals</b><br><b>≥4g dietary fiber and</b><br><b>≤6g total sugars per</b><br><b>serving</b><br>Breakfast cereal<br>Rolled oats<br>Steel-cut oats (preferred) |
| <b>Processed sweets and snacks</b> | Chocolate with ≥70% cocoa. If cocoa is <70%, count as a <b>high-glycemic carbohydrate</b> .  |  |  |

| High-glycemic carbohydrate |   | Stop and think...limit (or eliminate)   |   |
|----------------------------|---|---|---|
| <b>Vegetables</b>          | French fries  | Fingerling potatoes<br>Mashed potatoes  | White potato, baked<br>Red potato   |
| <b>Fruits</b>              | 100% fruit juices   | Fruit canned in light<br>or heavy syrup   | Fruit drinks, punches, or<br>cocktails  |
| <b>Beans</b>               | There are no beans in the <b>high-glycemic carbohydrate</b> category.   |   |   |
| <b>Grains</b>              | <b>Processed grains</b><br><b>&lt;3g dietary fiber or</b><br><b>&gt;3g total sugars per serving</b><br>White bread<br>Bagel<br>Bread sticks<br>Crackers<br>Muffin<br>Pancake<br>Pizza | <b>Rice</b><br>Jasmine rice<br>White rice<br><br><b>Other</b><br>Couscous                           | <b>Cereals and bars</b><br><b>&lt;4g dietary fiber or</b><br><b>&gt;6g total sugars per serving</b><br>Cold cereal<br>Granola bars<br>Instant oatmeal |
|                            | <b>Processed sweets and snacks</b>  | <b>Sweets</b><br>Brownie<br>Cake<br>Cookie<br>Cupcake<br>Danish<br>Doughnut<br>Ice cream<br>Pudding | <b>Snacks</b><br>Chips<br>Frozen appetizers<br>Popcorn<br>Pretzels<br>Rice cakes<br>100 calorie packs   |
|                            | <b>Sugary beverages</b><br><b>&gt;1g total sugars per serving</b><br>Cola<br>100% fruit juices<br>Fruit drinks, punches, or cocktails   | Ginger ale<br>Lemonade<br>Powdered mixes  | Sodas<br>Sports drinks<br>Sweet tea   |

| Protein                  |  |  |   |
|--------------------------|--|--|---|
| <b>Cheese</b>            | <b>All cheeses</b><br>Cottage cheese<br>Crumbled cheese<br>Goat (soft) cheese                      | Grated style cheese<br>Shredded cheese<br>Sliced cheese              | Stick/string cheese<br>Wedge/wheel cheese |
| <b>Egg</b>               | Whole egg<br>Egg substitute<br>Egg white   |  |   |
| <b>Meat alternatives</b> | Seitan<br>Tempeh   | Textured vegetable protein<br>Tofu                                   |   |
| <b>Milk and yogurt</b>   | <b>Milk</b><br>Cow's milk, unsweetened<br>Pea milk, unsweetened<br>Soy milk, unsweetened           | <b>Yogurt</b><br>Plain, unsweetened<br>Greek, unsweetened            |   |
| <b>Fish</b>              | <b>All fish</b><br>Catfish<br>Cod<br>Flounder<br>Haddock<br>Salmon<br>Swordfish<br>Tilapia<br>Tuna | <b>Shellfish</b><br>Clams<br>Crab<br>Lobster<br>Scallops<br>Shrimp   |   |
| <b>Poultry</b>           | <b>All poultry</b><br>Chicken<br>Turkey  | <b>Deli poultry</b><br>Chicken breast<br>Turkey breast<br>Turkey ham |   |
| <b>Red meat</b>          | Red meat includes all varieties of beef, pork, and lamb.   |  |   |

## Fats

|                                    |  |  |  |
|------------------------------------|--|--|--|
| <p><b>Nuts and seeds</b></p>       | <p><b>Nuts</b></p> <ul style="list-style-type: none"> <li>Almonds</li> <li>Brazil nuts</li> <li>Cashews</li> <li>Hazelnuts</li> <li>Macadamias</li> <li>Peanuts</li> <li>Pecans</li> <li>Pine nuts</li> <li>Pistachios</li> <li>Soy nuts</li> <li>Walnuts</li> </ul> | <p><b>Nut butters</b><br/> <b>≤2g total sugars per serving</b></p> <ul style="list-style-type: none"> <li>Almond butter</li> <li>Cashew butter</li> <li>Peanut butter</li> <li>Soy butter</li> <li>Sunflower butter</li> </ul> | <p><b>Seeds</b></p> <ul style="list-style-type: none"> <li>Chia</li> <li>Flax</li> <li>Pumpkin</li> <li>Sesame</li> <li>Sunflower</li> </ul>   |
| <p><b>Oils and dressings</b></p>   | <p><b>Oils</b></p> <ul style="list-style-type: none"> <li>Avocado</li> <li>Grapeseed</li> <li>Olive</li> <li>Peanut</li> <li>Safflower</li> <li>Sesame</li> <li>Soybean</li> <li>Walnut</li> <li>Vegetable</li> </ul>  | <p><b>High fat foods</b></p> <ul style="list-style-type: none"> <li>Avocado</li> <li>Coconut milk</li> <li>Guacamole</li> <li>Hummus</li> <li>Olives</li> </ul>  | <p><b>Dressings</b><br/> <b>&lt;3g total sugars per serving</b></p> <ul style="list-style-type: none"> <li>Bleu cheese</li> <li>Italian</li> <li>Ranch</li> <li>Vinaigrette</li> </ul> |
| <p><b>Spreads and toppings</b></p> | <ul style="list-style-type: none"> <li>Butter</li> <li>Buttery spreads</li> </ul>  | <ul style="list-style-type: none"> <li>Cream cheese</li> <li>Mayonnaise</li> </ul>   | <ul style="list-style-type: none"> <li>Sour cream</li> </ul>   |