

AdventHealth Fatty Liver Disease Program

Glycemic Index Food List

It is recommended that you maintain a **LOW GLYCEMIC** diet and minimize high glycemic foods.

LOW GI FOODS

Breakfast Cereals

- All Bran
- All Bran Fruit'n Oats
- Fiber One
- Oat Bran
- Oatmeal (not instant)

Fruits and Fruit Juices (limit 1-2 fruits/day)

- Apples
- Apple juice
- Apricots
- Blackberries
- Blueberries
- Cherries (not dried)
- Cranberries
- Grapefruit
- Grapefruit juice
- Peaches
- Pears
- Prunes
- Plums
- Raspberries
- Tangerines
- Strawberries
- Tomato juice

Beans and Legumes

- Black-eyed peas
- Butter beans
- Chickpeas
- Green beans
- Kidney beans
- Pinto beans
- Lentils
- Lima beans
- Navy beans
- Snow peas
- Hummus

Non-Starchy Vegetables

- Asparagus
- Artichoke
- Avocado
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens
- Lettuce
- Mushrooms
- Peppers
- Tomatoes
- Okra
- Onions
- Spinach
- Summer squash
- Zucchini
- Turnips

Grains

- Barley
- Rye
- Bulgur
- Wild rice
- Wheat tortilla
- Wheat pasta

Nuts, Olives and Oils

- Almonds
- Peanuts
- Pecans
- Sunflower seeds
- Hazelnuts
- Olives
- Walnuts
- Oils that are liquid at room temperature

Dairy, Fish, Meat, Soy and Eggs

- Skim milk
- Soy milk
- Almond milk
- Low-fat cheese
- Yogurt (low-fat or Greek)
- Lean red meat
- Fish
- Skinless chicken and turkey
- Shellfish
- Egg whites
- Egg yolks up to 3/week
- Soy products
- Egg Beaters

MODERATE GI FOODS

Breakfast Cereals

- Bran Buds
- Just Right
- Special K
- Bran Chex
- Mini Wheats
- Swiss Muesli

Fruits

- Bananas (under-ripe)
- Grapes
- Mangos
- Figs
- Kiwis
- Oranges
- Raisins
- Cranberry juice
- Orange juice

Beans and Legumes

- Boston-type baked beans
- Canned pinto, kidney, navy beans
- Green peas

Vegetables

- Beets
- Carrots
- Sweet potatoes
- Yams
- Corn on the cob

Breads

- Pita
- Oat bran bread
- Pumpernickel bread
- Rye bread
- Wheat bread
- High-fiber bread

Grains

- Cornmeal
- Brown Rice
- Couscous

Pasta

- Macaroni
- Ravioli (meat-filled)
- Pizza (cheese)
- Spaghetti (white)

Nuts

- Cashews
- Macadamia

Snacks

- Chocolate
- Muffins
- Low-fat ice cream
- Popcorn

HIGH GI FOODS

Breakfast Cereals

- Cheerios
- Corn Chex
- Grape Nuts
- Grits
- Rice Chex
- Raisin Bran
- Corn Flakes
- Cream of Wheat
- Grape Nut Flakes
- Puffed Wheat and Rice
- Rice Krispies
- Shredded Wheat

Fruits

- Dried dates
- Watermelon
- Pineapple
- Over-ripe Bananas

Beverages

- Soda
- Sweet tea
- Pineapple juice

Vegetables

- Potato (baked, broiled, fried, mashed, French fries)
- Canned or frozen corn, parsnips, winter squash

Breads

- Most breads (white and whole grain), baguettes, bagels, bread sticks, Kaiser rolls, dinner rolls

Grains

- White rice, instant, tapioca

Snacks

- Candy
- Crackers
- Chips
- Cookies
- Jelly
- Jam
- Donuts
- Corn chips
- Tortilla chips
- Pretzels
- Jelly beans
- Rice crackers
- Pastries
- Cakes
- Nutri-Grain bars
- Pop-Tarts

Restaurant and Ethnic Foods

- Most Chinese food (sugar in stir-fry)
- Teriyaki meals and vegetables
- Fried rice
- Mexican foods with white rice, tortillas
- Any foods with white sugar or white flour

