

THE GLYCEMIC LOAD OF CARBOHYDRATE-CONTAINING FOODS

Vegetables

LOW OK for All Program Phases

Alfalfa sprouts	Artichoke Asparagus	Avocado
Bamboo shoots	Bean sprouts	Bok choy
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery
Chard	Collard greens	Cucumber
Eggplant	Green beans	Kale
Kohlrabi	Leeks	Lettuce
Mushrooms	Mustard greens	Okra
Onion	Peppers	Radish
Rutabaga	Scallion	Snow peas
Spinach	Summer squash	Swiss chard
Tomatoes	Turnip	Water chestnuts
Zucchini		

MODERATE Phases 2 and 3 Acorn squash

Beets	Butternut squash	Green peas
Parsnips	Plantain	Pumpkin
Sweet potato	Yam	

HIGH Phase 3 Only

White potato

Fruits

LOW OK for All Program Phases

Apples	Apricot	Berries
Cherries	Clementines	Grapefruit
Grapes	Kiwi	Lemon
Lime	Nectarines	Oranges
Peaches	Pears	Plums
Tangelos	Tangerines	

MODERATE Phases 2 and 3

Applesauce*	Banana	Canned fruit, unsweetened
Cantaloupe	Dried fruit	Honeydew
Mango	Papaya	Pineapple
Watermelon		

HIGH Phase 3 Only

Fruit juices and drinks

Legumes

LOW OK for All Program Phases

Beans (all kinds except baked)	Black-eyed peas	Chickpeas
Hummus	Lentils	Split peas

MODERATE Phases 2 and 3

Baked beans*

Nuts

Nuts LOW OK for All Program Phases

Almonds	Brazil nut	Cashews	Hazelnuts
Macadamia	Peanuts	Peanut butter, no added sugar	
Pecans Pistachio	Walnuts		

MODERATE Phases 2 and 3

Peanut butter, sugar-sweetened*

Seeds

LOW OK for All Program Phases

Chia Pumpkin Sesame Sunflower

Dairy

Dairy LOW OK for All Program Phases

Cheese Milk Yogurt, no added sugar

MODERATE Phases 2 and 3

Milk, chocolate* Yogurt, sugar-sweetened*

Grains LOW OK for All Program Phases

None

MODERATE Phases 2 and 3

Amaranth	Barley	Brown rice (varies by type)
Buckwheat (kasha)	Farro	Oats
Quinoa	Rye	Wheat berries
Wild rice		

HIGH Phase 3 Only

Bread, highly processed (including bagels, buns, corn bread, English muffins, pitas, rolls, and white bread)

Breakfast cereals,	Couscous	Crackers
Pancakes	Pasta	Pizza
Popcorn	Pretzels	Rice cakes
Stuffing	Taco shell	Tortilla
Waffle	White rice	

Desserts, Sweets, & Treats

LOW OK for All Program Phases

Dark chocolate (minimum 70% cocoa content)

MODERATE Phases 2 and 3

HIGH Phase 3 Only

Brownies	Cake	Candy	Chips
Cookies	Custards	Doughnuts	Ice cream
Milk chocolate	Pies	Sorbet	Sugary drinks