

THE BIG LIST!

Congratulations on making it through "NO"vember! Hopefully you have discovered a new eating plan that you want to maintain. Now you know that you can do it and it wasn't really as bad as you thought....here is a bigger list that you might want to try and stick to moving forward.

Dairy makes a come back and now you don't need to worry about what time of day you have your higher GI carbs or mixing a bit of protein and fat with your carbs as well. Things you should keep up with:

Eat breakfast, eat morning and afternoon snacks and drink lots of water throughout the day!

PANTRY ITEMS

Canned and Dry Goods	Glycemic Index
100% Whole Wheat Pasta (spaghetti and/or rotini)	45 - 57
Basmati Rice	58
Almonds (sliced and whole)	●*
Walnuts	●*
Pecans	10
Chicken Broth (low-fat, low sodium)	●*
Beef Broth (low-fat, low sodium)	●*
Canned Tomatoes (diced and/or whole)	●*
Tomato Paste	●*
Black Beans	30
Red Kidney Beans	36
White Kidney Beans	36*
White Navy Beans	33
Chick Peas	40
Mandarin Oranges (canned sections)	●*
Applesauce	●*

Cooking and Baking	Glycemic Index
<u>Seasonings</u> : Salt, Pepper, Basil, Thyme, Oregano, Chili Powder, Curry Powder, Paprika, Cumin, Parsley, Dill, Red Pepper Flakes, Cinammon	●*
Vanilla Extract	●*
Whole Wheat Flour	25*
Sugar Substitute (e.g. Splenda)	●*
Brown Sugar Substitute (e.g. Brown Sugar Splenda)	●*
Flax Seed (or Flax Meal)	●*
Extra Virgin Olive Oil	●*
Canola Oil	●*
Vegetable Oil Non-stick Cooking Spray	●*
Wheat Bran	11*
Baking Powder	●*
Baking Soda	●*
Cornstarch	30*
Fast Acting Yeast	●*
Cocoa (dry, unsweetened)	●*

Condiments	Glycemic Index
Low-fat, Low Calorie Salad Dressing	●*
Teriyaki Sauce (low sodium)	●*

Soy Sauce (low sodium)	●*
Fat-free Mayonnaise	●*
Worcestershire Sauce	●*
White Vinegar	●
Balsamic Vinegar	●*
Cider Vinegar	●*
Regular Mustard	●*
Dijon Mustard	●*
Fruit Spread (100% fruit, no-sugar)	46
Salsa	●*
Hot Sauce (e.g. Frank's Red Hot)	●*

Meat and Fish

Meats	Glycemic Index
Boneless Skinless Chicken Breast	●
Boneless Skinless Turkey Breast	●
Lean Deli Ham	●
Pork Tenderloin (or other lean pork cut)	●
Extra Lean Ground Beef	●
Beef Top Sirloin or Eye Round Steak	●

Seafood	Glycemic Index
Cod (or other white fish)	●
Salmon	●
Crab Meat (fresh or canned)	●
Shrimp (fresh or frozen)	●
Tuna (canned in water)	●

Dairy

Dairy	Glycemic Index
Skim Milk	11 - 32
Whole Eggs (and/or Liquid Egg Whites)	●
Soft Margarine (light, non-hydrogenated)	●
Yogurt (low/non-fat, no sugar added)	20 - 40
Low Fat Cheese	●
Extra Low Fat Cheese (e.g. Laughing Cow Light)	●*
Ice Cream (low/non-fat, no sugar added)	37 - 49
Sour Cream (light or reduced-fat)	50*
Sour Cream (fat-free)	23*
Sour Cream (regular)	51*

Fruit and Veg

Fresh Fruit	Glycemic Index
Apples	38
Oranges	42
Pears	38

Peaches	42
Grapes	53
Strawberries (fresh or frozen)	40
Raspberries (fresh or frozen)	•
Blueberries (fresh or frozen)	53
Cherries	63
Bananas	52
Lemons	•
Limes	•

Fresh Vegetables

Glycemic Index

Ginger	•
Garlic	•
Lettuce	•
New Potatoes	47 - 70
Tomatoes	•
Carrots (baby & regular)	41 - 47
Celery	•
Onions (red and/or white)	•
Green Onions	•
Bell Peppers (red/green/orange/yellow)	•
Cherry Tomatoes	•
Broccoli	•
Cauliflower	•
Mushrooms	•
Spinach (fresh or frozen)	•
Peas (fresh or frozen)	48
Zucchini	•
Cucumber	•
Green Beans	•
Asparagus	•

Bread and Cereals

Breads

Glycemic Index

100% Whole Wheat Bread (stone ground)	59
High Fiber Crispbreads (e.g. Ryvita)	65
Whole Wheat Hamburger Buns (small)	61
Whole Wheat Tortillas (small)	59
Whole Wheat Pitas	57

Cereals

Glycemic Index

Oatmeal (old-fashioned steel-cut oats)	52 - 58
Oat Bran	55
Fiber 1 (or Fiber First)	56
Grape Nuts	67
All-Bran Original	34
All-Bran Bran Buds	45

* Foods unmarked with a GI level mean that you don't really need to worry about them