



Low-Glycemic Shopping List

Staying on track with your diet is about managing your food selection. Keeping low-glycemic foods stocked at home, at the office or in the car helps you to stay in control of choices and temptations. This supermarket shopping list will help you plan meals and keep an adequate supply of low-glycemic foods on hand.

Breads and Crackers

Check for at least 3 grams of fiber per serving on label

Bread	Oat or Bran Muffin
Whole Wheat Pita	Whole-Grain Crackers (low fat Triscuit)
Sour Dough Rye	English Muffin (check for 8 gram fiber)

Cereals and Grains

Check cereal label for at least 5 grams of fiber per serving. Fiber should be greater than or equal to grams of sugar

Oatmeal	Barley	
Pasta	Basmati Rice	
Brown Rice	Cold Cereal	All Bran (Bran Buds)

Beans

Rinsing canned beans reduces the sodium by around 50%

Kidney	Lentil
Chick pea	Black
Hummus	Black-eyed peas
Navy	Butter
Soy	Pinto

Soups

Look for clear soups or soups made with a tomato base

Pea	Black Bean
Minestrone	Tomato
Lentil	

Dairy

Milk

Ice cream (vanilla, strawberry, chocolate)

Yogurt (plain or with sugar substitutes)

Pudding (snack-size)

Fruit

Fresh, frozen or canned (packed in water or juice)

Apple

Kiwi

Berries

Orange

Cherries

Peach

Grapefruit

Pear

Grapes

Plum

Vegetables

Fresh or frozen

Asparagus

Broccoli

Sweet Potato

Carrot

Cauliflower

Peas

Celery

Cucumber

Greens

Eggplant

Green Beans

Onion

Pepper

Mushroom

Spinach

Squash

Tomato

Zucchini

Fats

Cream Cheese LF

Mayonnaise LF

Peanut butter

Olive oil

Salad Dressing LF

Butter

(LF = Low Fat)

Desserts (less likely to stimulate appetite)

Sponge Cake

Banana Bread

Pound Cake

Short Bread