Duke Lipid Clinic Low Glycemic Diet Plan

*Low Glycemic Foods (*20-49)

Breakfast Cereals:

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

Fruits and fruit juices: (Limit to 1-2 servings per day)

Apples
Apricots (fresh & dried)
Blackberries
Blueberries
Cherries
Cranberries
Peaches
Pears
Plums
Prunes
Grapefruit
Raspberries
Strawberries
Tangerine

Apple juice
Grapefruit juice
Tomato juice

Beans and legumes (fresh-cooked):

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

Non-starchy vegetables:

Asparagus, avocado, broccoli, cabbage, cauliflower, celery, cucumber, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash

Grains:

Barley
Bulgur
Rye
Wild rice

Nuts and oils :

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

Dairy, fish, meat, soy, and eggs:

Milk, skim
Lowfat cheese
Yogurt, lowfat, fruit sugar sweetened

Lean red meat
Fish
Skinless chicken & turkey
Shellfish

Egg whites (up to 3 daily)
Soy products
Egg yolks (up to 7 or _____ per week)

Moderate Glycemic Foods (50-69)

Breakfast Cereals:

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

Fruits:

Banana (under-ripe)
Dates
Figs
Grapes
Kiwi
Mango
Oranges
Raisins

Fruit Juices:

Cranberry juice
Orange juice

Beans and legumes:

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

Vegetables:

Beets
Carrots
Sweet potato
Yam
Corn on the cob

Breads:

Pita (pocket) bread
Oat bran bread
Pumpernickel bread
Rye bread
Wheat bread, high fiber

Grains:

Cornmeal
Rice, brown
Rice, white
Couscous

Pasta:

Macaroni
Pizza, cheese
Ravioli, meat filled
Spaghetti, white

Nuts:

Cashews
Macadamia

Snacks:

Chocolate
Ice cream, lowfat
Muffin
Popcorn

High Glycemic Foods (70-100)

Breakfast Cereals:

Cheerios
Corn Chex
Corn Flakes
Cream of Wheat
Grape Nuts
Grape Nut Flakes
Grits
Nutri-Grain
Puffed Rice
Puffed Wheat
Rice Chex
Rice Krispies
Shredded Wheat
Team
Total

Fruits:

Pineapple
Watermelon
Banana (over-ripe)

Beverages:

Sodas, sweet tea, pineapple juice

Vegetables:

Potato, baked, boiled, fried, mashed
French fries
Canned or frozen corn
Parsnips
Winter squash

Breads:

Most breads (white and whole grain)
Bagels
Bread sticks
Bread stuffing
Kaiser roll
Dinner rolls

Grains:

Rice, instant
Tapioca, with milk

Candy and most cookies

Snacks:

Donuts
Corn chips
Jelly beans
Pretzels
Pastries

Restaurant and ethnic foods

Most Chinese food (sugar in stir fry or wok sauces)
Teriyaki-style meats and vegetables

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