

## Duke Lipid Clinic Low Glycemic Diet Plan

<b>Low Glycemic Foods (20-49)</b>	<b>Moderate Glycemic Foods (50-69)</b>	<b>High Glycemic Foods (70-100)</b>
<b>Breakfast Cereals:</b> All-Bran All-Fiber One Oat bran Bran Fruit 'n Oats Oatmeal (not instant)	<b>Breakfast Cereals:</b> Bran Buds Just Right Special K Bran Chex Mini-Wheats Swiss muesli	<b>Breakfast Cereals:</b> 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
<b>Fruits and fruit juices: (Limit to 1-2 servings per day)</b> Apples Apricots (fresh & ded) Blackberries Blueberries Cherries Cranberries Peaches Pears Plums Prunes Grapefruit Raspberries Strawberries Tangerine	<b>Fruits:</b> Banana (under-ripe) Dates Figs Grapes Kiwi Mango Oranges Raisins	<b>Fruits:</b> Pineapple Watermelon Banana (over-ripe)
Apple juice Grapefruit juice Tomato juice	<b>Fruit Juices:</b> Cranberry juice Orange juice	<b>Beverages:</b> Sodas, sweet tea, pineapple juice
<b>Beans and legumes (fresh-cooked):</b> Black-eyed peas Butter beans Chick peas Lentils Green beans Lima beans Kidney beans Navy beans Pinto beans Snow peas	<b>Beans and legumes:</b> Boston-type baked beans Canned pinto, kidney, or navy beans Green peas	<b>Vegetables:</b> Potato, baked, boiled, fried, mashed French fries Canned or frozen corn Parsnips Winter squash
<b>Non-starchy vegetables:</b> Asparagus, avocado, broccoli, cabbage, cauliflower, celery, cucumber, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash	<b>Vegetables:</b> Beets Carrots Sweet potato Yam Corn on the cob	<b>Breads:</b> Most breads (white and whole grain) Bagels Bread sticks Bread stuffing Kaiser roll Dinner rolls
<b>Grains:</b> Barley Bulgur Rye Wild rice	<b>Breads:</b> Pita (pocket) bread Oat bran bread Pumpernickel bread Rye bread Wheat bread, high fiber	<b>Grains:</b> Rice, instant Tapioca, with milk
<b>Nuts and oils:</b> Almonds Peanuts Sunflower seeds Hazelnuts Pecans Walnuts Oils that are liquid at room temperature	<b>Grains:</b> Corn meal Rice, white Rice, brown Couscous	<b>Candy and most cookies</b>
<b>Dairy, fish, meat, soy, and eggs:</b> Milk, skim Lowfat cheese Yogurt, lowfat, fruit sugar sweetened Lean red meat Fish Skinless chicken & turkey Shellfish	<b>Pasta:</b> Macaroni Pizza, cheese Ravioli, meat filled Spaghetti, white	<b>Snacks:</b> Donuts Corn chips Jelly beans Pretzels Pastries
Egg whites (up to 3 daily) Soy products Egg yolks (up to 7 or _____ per week)	<b>Nuts:</b> Cashews Macadamia	<b>Restaurant and ethnic foods</b> Most Chinese food (sugar in stir fry or wok sauces) Teriyaki-style meats and vegetables
<b>Snacks:</b> Chocolate Ice cream, lowfat Muffin Popcorn		