

# COMPLETE DIABETIC FOOD CHART

## GLYCEMIC INDEX & SNACKS



### NON-STARCHY VEGETABLES & LEGUMES

	GI	SERVING
<input type="checkbox"/> Artichokes	10	1 med
<input type="checkbox"/> Asparagus	47	1 cup
<input type="checkbox"/> Bell Peppers	15	1 cup
<input type="checkbox"/> Broccoli	15	1 cup
<input type="checkbox"/> Brussels Sprouts	15	1 cup
<input type="checkbox"/> Cauliflower	15	1 cup
<input type="checkbox"/> Celery	15	1 cup
<input type="checkbox"/> Cucumber	15	1 cup
<input type="checkbox"/> Eggplant	15	1 cup
<input type="checkbox"/> Green Beans	15	1 cup
<input type="checkbox"/> Kale	15	1 cup
<input type="checkbox"/> Lettuce	20	2 cups
<input type="checkbox"/> Mushrooms	15	1 cup
<input type="checkbox"/> Okra	15	1 cup
<input type="checkbox"/> Onions	15	1/2 cup
<input type="checkbox"/> Peas (Green)	15	1/2 cup
<input type="checkbox"/> Spinach	15	1 cup
<input type="checkbox"/> Swiss Chard	15	1 cup
<input type="checkbox"/> Tomatoes	30	1 med
<input type="checkbox"/> Zucchini	15	1 cup

### STARCHY VEGETABLES & LEGUMES

	GI	SERVING
<input type="checkbox"/> Butternut Squash	10	1/2 cup
<input type="checkbox"/> Carrots	47	1/2 cup
<input type="checkbox"/> Corn (Sweet)	15	1/2 cup
<input type="checkbox"/> Green Peas	15	1/2 cup
<input type="checkbox"/> Kidney Beans	15	1/4 cup
<input type="checkbox"/> Lentils	15	1/4 cup
<input type="checkbox"/> Lima Beans	15	1/4 cup
<input type="checkbox"/> Parsnips	15	1/2 cup
<input type="checkbox"/> Pumpkin	15	1/2 cup
<input type="checkbox"/> Sweet Potatoes	15	1/2 cup
<input type="checkbox"/> Turnips	15	1/2 cup
<input type="checkbox"/> Yams	20	1/2 cup

### HEALTHY FATS

	GI	SERVING
<input type="checkbox"/> Almonds	10	1 oz
<input type="checkbox"/> Avocado	47	1/2 med
<input type="checkbox"/> Chia Seeds	15	1 tbsp
<input type="checkbox"/> Flaxseeds	15	1 tbsp
<input type="checkbox"/> Olive Oil	15	1 tbsp
<input type="checkbox"/> Peanut Butter	15	2 tbsp
<input type="checkbox"/> Pecans	15	1 oz
<input type="checkbox"/> Pumpkin Seeds	15	1 oz
<input type="checkbox"/> Salmon	10	3 oz
<input type="checkbox"/> Sardines	47	3 oz
<input type="checkbox"/> Sunflower Seeds	15	1 oz
<input type="checkbox"/> Tahini	15	2 tbsp
<input type="checkbox"/> Walnuts	15	1 oz

### FRUITS

	GI	SERVING
<input type="checkbox"/> Apples	10	1 small
<input type="checkbox"/> Apricots	47	2 med
<input type="checkbox"/> Avocado	15	1/2 med
<input type="checkbox"/> Blackberries	15	3/4 cup
<input type="checkbox"/> Blueberries	15	3/4 cup
<input type="checkbox"/> Cherries	15	1/2 cup
<input type="checkbox"/> Grapefruit	15	1/2 med
<input type="checkbox"/> Kiwi	15	1 med
<input type="checkbox"/> Oranges	15	1 med
<input type="checkbox"/> Peaches	15	1 med
<input type="checkbox"/> Pears	15	1 med
<input type="checkbox"/> Plums	20	2 med
<input type="checkbox"/> Raspberries	15	1 cup
<input type="checkbox"/> Strawberries	15	1 cup
<input type="checkbox"/> Tomatoes	15	1 med
<input type="checkbox"/> Watermelon	15	1 cup

### LEAN PROTEINS

	GI	SERVING
<input type="checkbox"/> Chicken Breast (S)	10	3 oz
<input type="checkbox"/> Cottage Cheese (L)	47	1/2 cup
<input type="checkbox"/> Eggs	15	2 large
<input type="checkbox"/> Greek Yogurt (P)	15	3/4 cup
<input type="checkbox"/> Ground Turkey	15	3 oz
<input type="checkbox"/> Lentils	29	1/2 cup
<input type="checkbox"/> Salmon	0	3 oz
<input type="checkbox"/> Sardines	0	3 oz
<input type="checkbox"/> Tempeh	10	3 oz
<input type="checkbox"/> Tofu (Firm)	15	3 oz
<input type="checkbox"/> Tuna	0	3 oz
<input type="checkbox"/> Turkey Breast (S)	0	3 oz
<input type="checkbox"/> White Fish (Cod)	0	3 oz

### WHOLE GRAINS

	GI	SERVING
<input type="checkbox"/> Barley (Pearled)	10	1/2 cup
<input type="checkbox"/> Brown Rice	47	1/2 cup
<input type="checkbox"/> Bulgur	15	1/2 cup
<input type="checkbox"/> Farro	15	1/2 cup
<input type="checkbox"/> Millet	15	1/2 cup
<input type="checkbox"/> Oats	55	1/2 cup
<input type="checkbox"/> Quinoa	53	1/2 cup
<input type="checkbox"/> Rye Berries	34	1/2 cup
<input type="checkbox"/> Wild Rice	45	1/2 cup
<input type="checkbox"/> Whole Wheat Pasta	42	1/2 cup

### DAIRY PRODUCTS

	GI	SERVING
<input type="checkbox"/> Cottage Cheese (L)	10	1/2 cup
<input type="checkbox"/> Greek Yogurt (NF)	47	3/4 cup
<input type="checkbox"/> Milk (Skim, L)	15	1 cup
<input type="checkbox"/> Ricotta Cheese (P.S.)	15	1/2 cup
<input type="checkbox"/> Skim Milk Powder	15	1/4 cup
<input type="checkbox"/> Swiss Cheese	0	1 oz

### HEALTHY SNACKS

- Almonds or walnuts (small handful)
- Roasted chickpeas
- Edamame
- Celery + peanut butter
- Greek yogurt + berries
- Cottage cheese + cucumber
- Cheese stick + whole-grain crackers
- Apple + almond butter
- Pear + cottage cheese
- Berries (small bowl)
- Carrot or bell pepper sticks + hummus
- Cherry tomatoes + mozzarella
- Kale chips
- Avocado on whole-grain toast (small slice)
- Air-popped popcorn (3 cups)
- Whole-grain crackers + tuna salad
- Oatmeal energy ball (no added sugar)
- Trail mix (nuts + seeds + few dried fruits)

AVOID	SWAP
Soda, juice, candy, cakes, pastries, ice cream	Water, sparkling water, unsweetened tea/coffee, fresh berries
White bread, white rice, regular pasta, sweetened cereals	Whole-grain bread, brown rice, quinoa, oats, chickpea/lentil pasta
Fries, chips, pretzels	Baked veggie chips, air-popped popcorn, roasted chickpeas
Bacon, sausages, deli meats, fried/breaded meats	Grilled chicken, turkey, fish, eggs, tofu
Ketchup, BBQ/teriyaki sauce, sweet dressings, flavored creamers, sugary bars	Mustard, salsa, olive oil + vinegar, plain yogurt dips, nut-based bars



More Charts Here:  
[www.bit.ly/fodlist](http://www.bit.ly/fodlist)

