

EATING ORDER RULE →

**01 FIBER**  
Eat first, always

**02 PROTEIN**  
Builds & steadies

**03 HEALTHY FAT**  
Slows absorption

**04 CARBS**  
Eat last, smallest

Fiber first = 20–30% lower post-meal glucose spike

Glycemic Index: **Low < 55** **Medium 55–69** **High 70+** GI / GL / Carbs g / Cal — all per 100g

STEP 1 · EAT FIRST

## A. Fiber — Non-Starchy Vegetables & High-Fiber Foods

Start every meal with these. They create a physical barrier that slows glucose absorption.

**1/2** Fill 1/2 your plate with Fiber

FOOD	GI	GL	CARBS G	CAL
Artichoke	20	1	11	47
Arugula	10	0	4	25
Asparagus	15	1	4	20
Bamboo Shoots	10	0	5	27
Bean Sprouts	25	1	6	30
Bell Pepper (Green)	15	1	5	20
Bell Pepper (Red)	15	1	6	31
Bok Choy	10	0	2	13
Broccoli	15	1	7	34
Broccolini	15	1	7	35
Brussels Sprouts	15	1	9	43
Cabbage (Green)	10	0	6	25
Cabbage (Red)	10	0	7	31
Cauliflower	15	1	5	25
Celery	10	0	3	16

FOOD	GI	GL	CARBS G	CAL
Chicory (Raw)	15	0	4	23
Collard Greens	10	0	6	32
Cucumber	15	1	4	15
Eggplant	15	1	6	25
Endive	10	0	3	17
Fennel Bulb	15	1	7	31
Green Beans	15	1	7	31
Kale	10	0	9	49
Kohlrabi	15	1	6	27
Leeks	15	1	14	61
Lettuce (Butter)	10	0	2	13
Lettuce (Romaine)	10	0	3	17
Mushrooms (Button)	10	0	3	22
Mushrooms (Shiitake)	10	0	7	34
Mustard Greens	10	0	5	27

FOOD	GI	GL	CARBS G	CAL
Okra	20	1	8	33
Onion (Raw)	10	1	9	40
Radish	15	0	3	16
Radichio	10	0	4	23
Snap Peas	22	1	8	42
Spinach	15	0	4	23
Sprouts (Alfalfa)	10	0	2	23
Swiss Chard	15	0	4	19
Tomatillo	15	1	6	32
Tomato (Cherry)	15	1	4	18
Turnip Greens	10	0	4	32
Watercress	10	0	1	11
Yellow Squash	15	1	3	16
Zucchini	15	1	3	17
Bitter Melon	18	1	4	17

STEP 2 · ADD NEXT

## B. Protein — Animal & Plant Sources

Protein has near-zero effect on blood glucose and increases satiety.

**1/4** Fill 1/4 your plate with Protein

FOOD (ANIMAL)	GI	GL	CARBS G	CAL
Beef (Lean Ground)	0	0	0	218
Bison (Lean)	0	0	0	143
Chicken Breast	0	0	0	165
Chicken Thigh (Skinless)	0	0	0	177
Clams	0	0	5	74
Cod (White Fish)	0	0	0	82
Cottage Cheese (Low-fat)	10	0	3	98
Crab (Cooked)	0	0	0	97
Eggs (Whole)	0	0	1	155
Egg Whites	0	0	0	52
Greek Yogurt (Plain, 0%)	11	1	6	59
Haddock	0	0	0	87
Halibut	0	0	0	110
Herring	0	0	0	158
Lamb (Lean)	0	0	0	167

FOOD (ANIMAL CONT.)	GI	GL	CARBS G	CAL
Mackerel	0	0	0	205
Mozzarella (Part-skim)	0	0	2	254
Mussels	0	0	4	86
Pork Tenderloin	0	0	0	143
Salmon (Atlantic)	0	0	0	208
Sardines (in water)	0	0	0	208
Scallops	0	0	3	88
Shrimp	0	0	1	85
Tilapia	0	0	0	96
Trout (Rainbow)	0	0	0	150
Tuna (Canned, water)	0	0	0	116
Turkey Breast	0	0	0	157
Venison (Lean)	0	0	0	158
Whey Protein (Powder)	0	0	5	352
Duck Breast (Skinless)	0	0	0	140

FOOD (PLANT)	GI	GL	CARBS G	CAL
Black Beans (cooked)	30	7	24	132
Black-eyed Peas	33	7	22	116
Chickpeas (cooked)	28	7	27	164
Edamame (shelled)	18	2	10	122
Fava Beans (cooked)	40	7	19	110
Kidney Beans (cooked)	29	7	22	127
Lentils (Brown, cooked)	32	5	20	116
Lentils (Red, cooked)	26	5	20	116
Lupini Beans	15	1	10	119
Mung Beans (cooked)	31	5	19	105
Navy Beans (cooked)	31	7	24	140
Seitan (Wheat Gluten)	0	0	14	370
Soy Milk (Unsweetened)	15	1	3	43
Tempeh	15	2	10	195
Tofu (Firm)	15	0	2	76

STEP 3 · ADD WITH CARBS

## C. Healthy Fats — Oils, Nuts, Seeds & Whole Fats

Fat slows glucose entry into the bloodstream. Use as dressing, topping, or cooking oil.

**+** Add Fats as topping or dressing

NUTS & SEEDS	GI	GL	CARBS G	CAL
Almonds	0	0	22	579
Brazil Nuts	0	0	12	659
Cashews (Raw)	22	3	30	553
Chia Seeds	1	0	42	486
Flaxseeds	35	1	29	534
Hazelnuts	0	0	17	628
Hemp Seeds	0	0	9	553
Macadamia Nuts	0	0	14	718
Peanuts (Raw)	14	1	16	567
Pecans	10	0	14	691
Pine Nuts	0	0	13	673
Pistachios	15	2	28	562
Pumpkin Seeds	10	0	15	559
Sesame Seeds	35	1	23	573
Sunflower Seeds	35	1	20	584
Walnuts	15	1	14	654

OILS & SPREADS	GI	GL	CARBS G	CAL
Almond Butter	0	0	19	614
Avocado Oil	0	0	0	884
Butter (Grass-fed)	0	0	0	717
Coconut Cream	0	0	6	330
Coconut Oil	0	0	0	862
Flaxseed Oil	0	0	0	884
Ghee	0	0	0	900
MCT Oil	0	0	0	760
Olive Oil (Extra Virgin)	0	0	0	884
Peanut Butter (Natural)	14	2	20	588
Pumpkin Seed Butter	10	0	15	560
Sesame Oil	0	0	0	884
Sunflower Oil	0	0	0	884
Tahini (Sesame Paste)	35	2	21	595
Walnut Oil	0	0	0	884
Walnut Butter	15	1	14	650

WHOLE FAT FOODS	GI	GL	CARBS G	CAL
Avocado	10	1	9	160
Cheddar (Full-fat)	0	0	1	403
Coconut (Desiccated)	45	6	23	660
Dark Chocolate (≥85%)	23	5	46	598
Egg Yolk	0	0	2	322
Feta Cheese	0	0	4	264
Full-fat Cream Cheese	0	0	4	342
Full-fat Sour Cream	0	0	3	198
Goat Cheese	0	0	0	364
Heavy Cream	0	0	3	340
Mozzarella (Full-fat)	0	0	2	300
Olives (Black)	0	0	6	115
Olives (Green)	0	0	4	145
Parmesan	0	0	3	431
Swiss Cheese	0	0	0	393
Unsweetened Coconut Milk	0	0	4	185

STEP 4 · EAT LAST

## D. Carbohydrates — Grains, Fruits & Starchy Vegetables

Always paired with fiber + protein. Smaller portion. Low GI first choice.

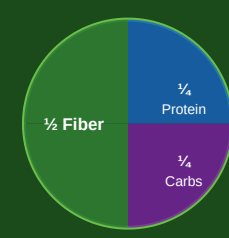
**1/4** Fill 1/4 your plate with Carbs

GRAINS & STARCHES	GI	GL	CARBS G	CAL
Barley (cooked)	28	8	28	123
Basmati Rice (white)	58	22	78	349
Black Rice (cooked)	42	12	34	160
Brown Rice (cooked)	55	16	23	112
Buckwheat (cooked)	54	10	20	92
Bulgur Wheat (cooked)	46	12	19	83
Corn Tortilla	52	10	44	218
Couscous (cooked)	65	9	23	112
Freekeh (cooked)	43	9	29	130
Millet (cooked)	71	12	23	119
Oats (Rolled, dry)	55	13	67	389
Oats (Steel-cut, dry)	42	9	67	371
Quinoa (cooked)	53	13	22	120
Rye Bread (dark)	41	8	48	259
Soba Noodles (cooked)	40	10	21	99
Sourdough Bread	53	10	43	274
Spelt Bread	54	12	45	267
White Pasta (al dente)	45	15	31	158
Wild Rice (cooked)	45	9	21	101
Whole Grain Bread	51	7	41	247
Whole Wheat Pasta	42	16	37	174

FRUITS	GI	GL	CARBS G	CAL
Apple (medium)	36	5	14	52
Apricot (fresh)	34	3	11	48
Banana (firm/unripe)	55	12	23	89
Blackberries	25	2	10	43
Blueberries	53	5	14	57
Cantaloupe	65	6	9	34
Cherries (sweet)	22	3	12	50
Dragon Fruit	50	5	11	60
Grapefruit	25	3	10	42
Grapes (Red)	59	8	18	69
Guava	12	1	14	68
Kiwi	53	7	15	61
Lemon (juice)	20	1	8	29
Mango	56	8	15	60
Orange (navel)	43	5	12	47
Papaya	59	7	11	43
Peach (fresh)	42	5	10	39
Pear	38	4	15	57
Plum	39	4	11	46
Pomegranate Seeds	53	9	19	83
Raspberries	32	3	12	53
Strawberries	40	3	8	32
Tangerine	42	5	13	53
Watermelon	72	5	8	30

STARCHY VEGETABLES	GI	GL	CARBS G	CAL
Beet (cooked)	64	5	10	44
Butternut Squash	51	4	12	45
Carrots (raw)	35	2	10	41
Cassava (boiled)	75	15	38	160
Corn (sweet, cooked)	60	11	19	86
Parsnip (cooked)	52	7	18	75
Peas (green, cooked)	51	4	14	81
Plantain (green)	55	14	32	122
Potato (boiled)	65	14	20	87
Potato (roasted)	85	17	20	149
Pumpkin (cooked)	65	4	7	26
Rutabaga	72	7	9	38
Spaghetti Squash	15	1	7	31
Sweet Potato (baked)	63	11	20	90
Sweet Potato (boiled)	44	8	18	76
Taro (cooked)	55	9	26	112
Turnip (cooked)	62	3	8	28
Winter Squash	51	4	9	34
Yam (baked)	37	13	28	118

### Ideal Plate Guide



- 1/2 Plate — Fiber first
- 1/4 Plate — Protein
- 1/4 Plate — Carbs last
- + Fat — as topping

Eating fiber first reduces post-meal glucose by up to 30%

### Real Meal Examples

- Breakfast Power Bowl**  
F Spinach + cucumber · P 2 eggs + Greek yogurt · FA Avocado · C 1/2 cup steel-cut oats
- Grilled Fish Plate**  
F Broccoli + zucchini · P Salmon 150g · FA EVOO drizzle · C Wild rice 1/2 cup
- Hearty Salad Lunch**  
F Romaine + tomatoes + fennel · P Chicken breast · FA Walnuts + olive oil · C Quinoa
- Stir-Fry Bowl**  
F Bok choy + mushrooms · P Tofu or shrimp · FA Sesame oil · C Brown rice
- Legume Comfort Bowl**  
F Cauliflower + cabbage · P Red lentils · FA Tahini drizzle · C Sweet potato (boiled)
- Whole Grain Wrap**  
F Kale + bell pepper · P Turkey + hummus · FA Avocado slices · C Whole grain wrap
- Mediterranean Plate**  
F Arugula + cucumbers · P Sardines + feta · FA Olives + olive oil · C Bulgur wheat
- Egg & Veggie Breakfast**  
F Swiss chard + tomatoes · P 3 whole eggs · FA Goat cheese · C Sourdough 1 slice

### Common Mistakes

- ✗ Eating carbs first — triggers a fast glucose spike before fiber can buffer it
- ✗ Drinking fruit juice — no fiber, rapid sugar delivery to bloodstream
- ✗ Skipping fat entirely — fat slows carb absorption and improves satiety
- ✗ Choosing "low-fat" products — often packed with added sugar to restore flavor
- ✗ Large carb portions — even low-GI carbs raise GL significantly at scale
- ✗ Ignoring cooking method — roasted potato (GI 85) vs boiled potato (GI 65)
- ✗ Treating all fruits as free — banana, mango, grapes have medium-to-high GL
- ✗ Eating fast — slowing down lowers glucose spikes via improved digestion pace
- ✗ Skipping post-meal walks — a 10-min walk reduces glucose by up to 30%
- ✗ Confusing GI with GL — watermelon has high GI but low GL at normal portions

### Quick Control Rules

- ✓ Always start every meal with vegetables — no exceptions, every time
- ✓ Pair every carb with fiber + protein — never eat carbs alone
- ✓ Default to Low GI (<55) carbs; medium GI on high-activity days only
- ✓ Use olive oil or avocado fat — both improve insulin sensitivity over time
- ✓ Fill your plate visually: 1/2 greens, 1/4 protein, 1/4 carbs + fat on top
- ✓ Boil or steam carbs instead of roasting — lowers GI by 10–20 points
- ✓ Let cooked starch cool before eating — creates resistant starch, lowers GI
- ✓ Vinegar or lemon before carbs — reduces glucose peak by ~20%
- ✓ Eat whole fruit, not juice — fiber is the protective component
- ✓ Choose steel-cut or rolled oats over instant — same food, very different GI

AVAILABLE ON AMAZON

## Stop Guessing. Get the Laminated Version for Your Kitchen.

This digital chart is just the preview. The real thing is a **waterproof, wipe-clean laminated reference card** designed to live on your fridge, in your pantry, or in your bag — so you always know what's safe to eat without pulling out your phone.

- Waterproof & wipe-clean
- Fridge-ready with magnet strip
- Pro-grade gloss lamination
- A4 - Double-sided print
- Great gift for diabetics
- Fits in any bag or folder