

LOW GLYCEMIC INDEX FOOD CHART

Diabetes-Friendly Options (GI Score < 55)

Non-Starchy Vegetables

FOOD ITEM	GI
Spinach & Kale	15
Broccoli	15
Cauliflower	15
Bell Peppers	15
Zucchini	15

Low GI Fruits

FOOD ITEM	GI
Cherries	20
Grapefruit	25
Pears	38
Apples	39
Strawberries	40

Grains & Legumes

FOOD ITEM	GI
Red Lentils	26
Chickpeas	28
Barley (Pearled)	28
Quinoa	53
Steel Cut Oats	55

Protein & Dairy

FOOD ITEM	GI
Greek Yogurt (Plain)	12
Soy Milk	34
Skim Milk	37
Eggs	0
Almonds/Walnuts	~15

Note: Glycemic values are approximate. Consult with a healthcare provider for personalized nutrition plans.