

LOW GLYCEMIC INDEX SNACK GUIDE

Smart choices for sustained energy (GI < 55)

Fruits & Berries

- Cherries 22
 - Grapefruit 25
 - Pears 38
 - Apple (with skin) 39
 - Strawberries 40
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Nuts & Seeds

- Walnuts 15
 - Cashews 22
 - Peanuts 14
 - Pumpkin Seeds 10
 - Almonds 0-15
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Vegetables & Dips

- Hummus 12
 - Carrot Sticks 35
 - Celery & PB 15
 - Cherry Tomatoes 15
 - Guacamole 10
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Dairy & Protein

- Greek Yogurt (Plain) 12
 - Cottage Cheese 10
 - Hard Boiled Egg 0
 - Soy Milk (Unsweet) 34
 - Skim Milk 32
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Low GI: 0-55 | Moderate GI: 56-69 | High GI: 70+

Note: Values may vary based on ripeness and preparation methods.