

LOW GLYCEMIC INDEX: NUTS & SEEDS

Reference Guide â€¢ GI Score < 15

VARIETY	GLYCEMIC INDEX	KEY BENEFITS
Walnuts	0 - 5	Omega-3 fatty acids, Brain health
Almonds	0 - 5	Vitamin E, Magnesium
Pecans	10	Antioxidants, Heart healthy
Macadamias	10	Monounsaturated fats
Chia Seeds	1	Fiber, Calcium, Hydration
Flax Seeds	1	Lignans, Alpha-linolenic acid
Pumpkin Seeds	10	Zinc, Iron, Magnesium
Sunflower Seeds	12	Selenium, Vitamin B1
Hemp Hearts	4	Complete protein, GLA

*Values are approximate. Consult a professional for clinical dietary needs.