

MEDITERRANEAN DIET

Low Glycemic Index Reference Chart

Whole Grains

- Barley (Pearled) GI: 28
- Bulgur GI: 48
- Whole Grain Oats GI: 55
- Quinoa GI: 53
- Farro GI: 45

Legumes & Pulses

- Lentils GI: 32
- Chickpeas GI: 28
- Cannellini Beans GI: 31
- Black Beans GI: 30
- Green Peas GI: 51

Fruits

- Cherries GI: 20
- Grapefruit GI: 25
- Pears GI: 38
- Apples GI: 39
- Berries (All Types) GI: 40

Vegetables

- Spinach/Kale GI: <15
- Zucchini GI: 15
- Broccoli GI: 15
- Artichokes GI: 15
- Eggplant GI: 15

Nuts & Fats

- Walnuts Low GI
- Almonds Low GI
- Extra Virgin Olive Oil 0 GI
- Pistachios Low GI
- Avocado Low GI

Proteins

- Wild Caught Fish 0 GI
- Greek Yogurt (Plain) GI: 12
- Poultry 0 GI
- Eggs 0 GI
- Feta Cheese Low GI

Note: Low GI is considered 55 or less. High fiber and healthy fats in this diet further slow glucose absorption.