

# Low Glycemic Index Guide

**OPTIMAL CHOICES: GI 55 OR LESS**

## VEGETABLES

- Spinach **15**
- Broccoli **15**
- Tomatoes **15**
- Carrots (Raw) **16**
- Cucumber **15**

## FRUITS

- Cherries **20**
- Grapefruit **25**
- Apples **36**
- Pears **38**
- Strawberries **41**

## GRAINS & LEGUMES

- Red Lentils **26**
- Chickpeas **28**
- Barley **28**
- Quinoa **53**
- Steel Cut Oats **55**

## DAIRY & ALTERNATIVES

- Soy Milk **34**
- Skim Milk **37**
- Greek Yogurt **12**
- Cashews **27**
- Peanuts **14**

Values are approximate. Consult a healthcare professional for dietary planning.