

# LOW GLYCEMIC INDEX FOOD CHART

Low GI: 0-55 & Weight Loss Friendly

## Vegetables (Non-Starchy)

- Spinach **15**
- Broccoli **15**
- Zucchini **15**
- Cauliflower **15**
- Bell Peppers **15**

## Fruits

- Cherries **20**
- Grapefruit **25**
- Pears **38**
- Apples **39**
- Strawberries **40**

## Grains & Legumes

- Red Lentils **26**
- Chickpeas **28**
- Quinoa **53**
- Steel-Cut Oats **52**
- Barley **28**

## Proteins & Dairy

- Greek Yogurt (Plain) **12**
- Eggs **0**
- Almonds **0**
- Soy Milk **34**
- Peanuts **14**

\* Glycemic values are approximate. Focus on whole, unprocessed foods for optimal weight management.