



# Glycemic Index Snack List

CHOOSE LOW GLYCEMIC WHENEVER POSSIBLE

## Low

Apples  
Beans  
Beef  
Bread - 100% whole grain  
Cheese  
Chicken  
Corn tortillas  
Cottage cheese  
Dates  
Eggs  
Grapefruit  
Grapes  
Green vegetables  
Hummus  
Lentils  
Milk  
Nutella  
Nutrition shakes  
Nutrition bars - most  
Nuts  
Oatmeal - steelcut or rolled  
Pasta  
Peaches  
Peanut butter  
Pears  
Plums  
Pork  
Prunes  
Quinoa  
Seeds  
Tofu  
Soy milk  
Tomatoes  
Turkey  
Yogurt (plain)

## Moderate

Apricots  
Bananas  
Bean soups  
Beets  
Berries  
Biscuits  
Blueberries  
Breads - some  
Cantaloupe  
Cereal bars  
Cereals - many  
Cherries  
Chocolate  
Cola  
Corn  
Couscous  
Crackers - most  
Croissants  
Dried fruit  
Granola  
Honey  
Ice cream  
Juices  
Kiwi  
Muesli  
Muffins  
Orange juice  
Pineapple  
Popcorn  
Potato chips  
Raisins  
Strawberries  
Sugar  
Sweet potatoes

## High

Bagels  
Baked potatoes  
Bread - white  
Cakes  
Candy  
Carrots  
Cereals - many  
Chapatti  
Cookies  
Corn chips  
Donuts  
English muffins  
French bread  
French fries  
Graham crackers  
Naan  
Oatmeal - instant  
Peas  
Potatoes  
Pretzels  
Rice  
Rice cakes  
Sports drinks  
Vanilla wafers  
Waffles  
Watermelon  
Yams