The Low Glycemic Sources of Carbohydrates

FRUITS
Cherries
Grapefruit
Dried apricots
Pears
Apples
Peaches
Oranges
Grapes
Kiwi
Berries

VEGETABLES
All fresh or frozen vegetables
Sweet potatoes
Sweet corn
Winter squash
Green peas
Carrots
Beets
Leafy greens
Lettuce
Tomato paste
Tomato puree
Tomato sauce

BEANS & LEGUMES
All dried or canned beans
Soy Beans/edamame
Lentils-green, red,yellow
Dried bean flakes

NUTS, SEEDS and NUT BUTTER
Walnuts
Cashews
Almonds
Pecans
Peanuts
Hazelnuts
Sunflower seeds
Flax seed
Pumpkin seed
Sesame

BREADS
Sprouted Grain
Whole-grain pumpernickel
Whole grain rye

GRAINS
Brownrice
Wild rice
Basmati rice
Grain pastas
Pasta made with durum wheat
Pearled barley
Quinoa
Amaranth

BREAKFAST CEREALS
All-bran
Old-fashioned or rolled oats
Course corn grits
Oatbran
Muesli-low sugar
Granola-low sugar

DAIRY FOODS
Milk
Unsweetened soy milk
Cheese

Planning For Success

- ***Begin by assessing personal needs or goals***

What would you like to change about your current eating style? Identify existing eating behaviors that work well for you and those that do not. Congratulate your self for every positive, healthy choice and decide how to change the less-successful ones. A nutrition consultation can help identify your nutritional needs. A nutritionist can guide you toward the eating style that is best for you, derive nutritional meaning from lab tests, and evaluate types and amounts of supplements that may be important. A nutrition counselor will work with you to develop your healthiest relationship with food.