

A Guide to Healthy Eating Via
Low Glycemic and Low Fat Foods

Key to understanding lists:

Food List 1: Eat freely from this column. Low glycemic and low or healthy fats.

Food List 2: Eat from this column, about one third of daily food intake or less. Medium glycemic and medium fats.

Food List 3: Avoid this column for optimum health. High glycemic and high fats.

<u>Food List One</u>	<u>Food List Two</u>	<u>Food List Three</u>
<p style="text-align: center;"><u>BREAD PRODUCTS</u> *</p> <p>Pita bread, whole wheat (1/2)*# Pumpernickel bread*# Sourdough bread*# Rye (100%) Bread*# Stone ground whole wheat (100%)*#</p> <p style="text-align: center;"><u>CEREAL</u>.*</p> <p>All Bran* Bran Buds* Fibre First* Oat Bran* Oatmeal (slow cooking)* Red River Cereal*</p> <p style="text-align: center;"><u>GRAINS</u>.*</p> <p>Barley* Buckwheat* Bulgar* Quinoa* Rice (Basmati, Brown, Long and Wild)* Whole wheat pasta*</p>	<p style="text-align: center;"><u>BREAD PRODUCTS</u>.*</p> <p>Rye Crispbread* Breton wheat crackers*</p> <p style="text-align: center;"><u>CEREAL</u>*</p> <p>Grapenuts* Life* Oatmeal (quick cooking)* Cream of Wheat* Puffed Wheat* Special K* Raisin Bran*# Muesli*#</p> <p style="text-align: center;"><u>PASTA</u>*#</p> <p>Fettuccine*# Macaroni*# Penne*# Linguine*# Spaghetti*# Vermicelli*#</p>	<p style="text-align: center;"><u>BREAD PRODUCTS</u>*#</p> <p>Bagels*# Baguettes*# Bread, white, french*# Buns, white (hot dog,hamburger etc)*# Cake*# Cookies*# Donuts*# Corn bread*# English Muffin*# Melba Toast* Tortilla* Muffins*# Pancakes*# Stuffing*# Waffles*# Pizza*#</p> <p style="text-align: center;"><u>CEREAL</u> *</p> <p>All cold cereals* Cheerios*# Corn Bran*# Corn Chex*# Cornflakes*# Rice Chex*# Granola*# Rice Krispies*# Total*# Shredded Wheat*#</p> <p style="text-align: center;"><u>CRACKERS</u>*#</p> <p>Graham Crackers*# Melba toast* Stoned Wheat Thins* Ritz*# Rice cakes*</p> <p style="text-align: center;"><u>PASTA</u>*#</p> <p>All canned pasta*# Gnocchi*# Macaroni and cheese*# Noodles, instant or canned*# Ravioli with meat sauce*# Tortellini with cheese or meat*#</p> <p style="text-align: center;"><u>GRAINS</u> *</p> <p>Rice (instant, white, long grain, jasmine)*# Rice noodles, white*#</p>

Food List One

DAIRY PRODUCTS

Cottage cheese (light and fat free, 1%) #
Cream Cheese, fat free#
Feta cheese, light#
Goat cheese, light#
Parmesan, fat free#

Milk, skim, 1%
Sour cream, fat free#
Yogurt, fat free

FRUIT

Apple Apricot, raw
Apricots, dried* Blueberries
Cherries Cranberries
Grapefruit Grapes
Lemon Mango*
Orange Peaches
Pear Plum
Raspberries Strawberries

VEGETABLES

Asparagus Artichokes
Broccoli Brussel Sprouts
Cabbage Carrots
Cauliflower Celery
Corn* Cucumber
Eggplant Lettuce
Mushrooms# Onion
Olives# Pickles#
Peas Pepper
Radishes Spinach
Snow Peas
Sweet Potato (Yam)*
Squash Tomato
Water Chestnut Zucchini

Food List Two

DAIRY PRODUCTS

Butter (This is a saturated fat but withstands high temperature for cooking and does not turn into a trans fat. If used in moderation, it is a healthy choice as compared to margarine containing hydrogenated oil.)

Cheese, Cream# low fat#
Cottage Cheese Regular
Goat cheese, regular#
Ricotta Fat Free#,

Ice Cream, low fat with sugar#
Milk, 2%#
Sour Cream, light#
Yogurt, light
Yogurt, fat free with sugar#

FRUIT

Banana Kiwi
Fruit cocktail, water cocktail
Mangoes Papaya
Pineapple (fresh and water packed)

FRUIT JUICE (unsweetened)

Apple# Grapefruit# Pear#
Pineapple#

VEGETABLES

Artichokes Beets
Potatoes, new boiled
Pumpkin

Food List Three

DAIRY PRODUCTS

Cheese, Brie#, Cheddar#, Cream#, Feta#, Mozzarella#, Mozzarella, shredded#
Parmesan, shredded#
Swiss# Ricotta#

Cream, half and half#
Whipping cream, light and regular#
Sour Cream, regular#
Ice Cream, regular#
Ice Cream, fat free with sweetener+#
(please note this is low fat but contains artificial sweetener which is unhealthy)
Milk, homogenized#
Chocolate#
Margarine, regular
Yogurt, regular, plain and flavoured
Yogurt, fat free with sweetener+,
Yogurt, frozen, fat free with sweetener+
(please note this is low fat but contains artificial sweetener which is unhealthy)

FRUIT

Applesauce with sugar#
Cantaloupe
Fruits, canned in syrup#
Figs, dried*#
Honeydew melon
Lychee, canned in syrup#
Raisins# Watermelon

FRUIT JUICE

All sweetened juices#
Prune juice#

VEGETABLE

Broad Beans French Fries#
Hash Browns#
Instant Potatoes#
Parsnips Potatoes, mashed#
Rutabaga Turnips

Food List One

LEGUMES AND NUTS

Beans: baked, in tomato sauce,
black, butter, garbanzo
(chickpeas)*, green, kidney, lima,
mung, navy, pinto, soya, romano

Peas: black eyed, split
Lentils

PROTEINS

Eggs, whites and yolks
Fish and shellfish+
(these may contain heavy metals
and should be consumed one to
two times per week)
Game meats (deer, caribou etc)
Roe
Salmon (wild)+
Trout+(wild)
Tuna, blue and yellow fin+
canned in water+
Beef, extra lean
Beef, eye of round
Chicken, skinless, breast
Pork, tenderloin Tofu, low fat
Turkey, breast, no skin
Veal, leg

FATS*

Fat Free Salad Dressings*#
Flaxseed oil, do not heat*
Grapeseed oil
Olive oil*

SWEETENERS

Stevia

Food List Two

LEGUMES AND NUTS

Beans, kidney, canned
Lentils, canned
Soya milk
Split pea soup, canned
Most nuts and seeds
Peanut butter# (peanuts only)

PROTEINS

Bacon, turkey
Beef, liver, flank, top round,
ground
Chicken, leg with skin
drumstick, thigh
wing with skin
Cornish hen
Sardines, canned in olive oil
Luncheon Meats, roast beef,
Black Forest ham
Turkey
Rabbit
Tofu, regular
Turkey, dark meat, with skin,
ground

FATS*

Butter* Coconut Oil*
(Butter and coconut oil are
saturated fats but withstand high
temperature for cooking and do
not turn into a trans fat. If used in
moderation, they are acceptable)
Corn Oil*
Mayonnaise, light*#
Sunflower oil* Peanut Oil*
Salad Dressings, light*
Sesame Oil*

SWEETENERS#

Honey#
Molasses, unprocessed,
blackstrap#
Maple syrup#
Sucralose – Splenda+

Food List Three

LEGUMES AND NUTS

Beans, baked with pork#
Broad beans
Fava beans
Peanut butter (regular, not
peanuts only)

PROTEINS

Bacon#
Beef, broiled, porterhouse, short
ribs, ground, rib steak, sirloin,
T-bone, tenderloin
Duck
Fish, fish sticks, breaded fish
Deep fried meats of any kind
Ham#
Lamb, leg, rib
Luncheon Meats#
Organ Meats (kidney, heart,
brain, giblets, liver)
Pate de foie gras
Pork, Hot-dogs# loin,
sirloin, spare ribs
Sausages
Veal, loin

FATS*

Canola Oil*
Lard (lard is a saturated fat but it
withstands a high temperature for
cooking without oxidizing)
Margarine+*
Mayonnaise#
Peanut Butter*#
Shortening* Palm Oil*

SWEETENERS#

Sugar, white, brown#
Corn syrup#
Glucose#
Maltose#
Maltodextrin#
Saccharine – Sweet N Low+

