**Let the Glycemic Gourmet help you grocery shop!**

**BREADS**

 100% Whole Wheat Bread

(stone ground)

 High Fiber Crisp breads (e.g.

Ryvita)

 Whole Wheat Hamburger

Buns (small)

 Whole Wheat Tortillas (small)

 Whole Wheat Pitas

**CEREALS**

 Oatmeal (old-fashioned steel-cut oats)

 Oat Bran

 Kashi Go Lean

 Fiber 1 (or Fiber First)

 Grape Nuts

 All-Bran Original

 All-Bran Bran Buds

**FRESH FRUIT**

 Apples

 Oranges

 Pears

 Peaches

 Grapes

 Strawberries (fresh or frozen)

 Raspberries (fresh or frozen)

 Blueberries (fresh or frozen)

 Cherries

 Bananas

 Lemons

 Limes

**FRESH VEGETABLES**

 Ginger

 Garlic

 Lettuce

 New Potatoes

 Tomatoes

 Carrots (baby & regular)

 Celery

 Onions (red and/or white)

 Green Onions

 Bell Peppers

(red/green/orange/yellow)

 Cherry Tomatoes

 Broccoli

 Cauliflower

 Mushrooms

 Spinach (fresh or frozen)

 Peas (fresh or frozen)

 Zucchini

 Cucumber

 Green Beans

 Asparagus

**DAIRY**

 Skim Milk

 Whole Eggs (and/or Liquid Egg

Whites)

 Soft Margarine (light, non- hydrogenated)

 Yogurt (low/non-fat, no sugar added)

 Low Fat Cheese

 Extra Low Fat Cheese (e.g.

Laughing Cow Light)

 Ice Cream (low/non-fat, no sugar added)

**MEATS**

 Boneless Skinless Chicken

Breast

 Boneless Skinless Turkey

Breast

 Lean Deli Ham

 Pork Tenderloin (or other lean pork cut)

 Extra Lean Ground Beef

 Beef Top Sirloin or Eye

Round Steak

**SEAFOOD**

 Cod (or other white fish)

 Salmon

 Crab Meat (fresh or canned)

 Shrimp (fresh or frozen)

 Tuna (canned in water)

**CANNED AND DRY GOODS**

 100% Whole Wheat Pasta

(spaghetti and/or rotini)

 Basmati Rice

 Almonds (sliced and whole)

 Walnuts

 Chicken Broth (low-fat, low sodium)

 Beef Broth (low-fat, low sodium)

 Canned Tomatoes (diced and/or whole)

 Tomato Paste

 Black Beans

 Red Kidney Beans

 White Kidney Beans

 Chick Peas

 Applesauce

**COOKING AND BAKING**

 Seasonings: Salt, Pepper, Basil, Thyme, Oregano, Chili Powder, Curry Powder, Paprika, Cumin, Parsley, Dill, Red Pepper Flakes, Cinnamon

 Vanilla Extract

 Whole Wheat Flour

 Sugar Substitute (e.g. Splenda)

 Brown Sugar Substitute (e.g.

Brown Sugar Splenda)

 Flax Seed (or Flax Meal)

 Extra Virgin Olive Oil

 Canola Oil

 Vegetable Oil Non-stick

Cooking Spray

 Wheat Bran

 Baking Powder

 Baking Soda

 Cornstarch

 Cocoa (dry, unsweetened)

**CONDIMENTS**

 Low-fat, Low Calorie Salad

Dressing

 Teriyaki Sauce (low sodium)

 Soy Sauce (low sodium)

 Fat-free Mayonnaise

 Worcestershire Sauce

 White Vinegar

 Balsamic Vinegar

 Regular Mustard

 Dijon Mustard

 Fruit Spread (100% fruit, no- sugar)

 Salsa

 Hot Sauce (e.g. Frank's Red Hot)

**This core list of low glycemic index (GI) foods is the foundation of every Glycemic Gourmet recipe and meal plan.** Visit us online for low GI recipes, meal plans, cooking tips, and GI values of the above foods.

**www.mydietmds.com**