

Low-glycemic shopping list

Following a low-glycemic load diet can be easy when you have the right foods so use this list to fill your kitchen with healthy choices.



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FRUITS

- Apples
- Apricots
- Berries
- Cherries
- Clementines
- Grapes
- Grapefruit
- Kiwi
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums

VEGETABLES

- Artichoke
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Eggplant
- Green beans
- Lettuce (except iceberg)
- Mushrooms
- Okra
- Onions
- Peppers
- Snow peas or sugar-snap peas
- Spinach
- Summer squash
- Tomatoes
- Turnip
- Zucchini

DAIRY, EGGS

- Plain yogurt, regular or 2% fat
- American
- Cheddar
- Cottage cheese
- Feta
- Mozzarella
- Ricotta
- Snack-sized cheese (string, Laughing Cow® wedges or Mini Babybel)
- Swiss
- Regular eggs, egg whites, egg substitute (Egg Beaters® or other brands)

MEAT

- Chicken breast
- Turkey breast
- Turkey sausage
- Pre-cooked/sliced chicken
- Clams
- Cod
- Crabs
- Crawfish
- Haddock
- Lobster
- Salmon
- Sardines
- Scallops
- Shrimp
- Squid
- Tuna

CANNED FOODS

- Artichoke hearts
- Beans (black, pinto, garbanzo, etc., no added sugars)
- Fruit (unsweetened)
- Green chilies
- Olives
- Roasted red peppers
- Salmon
- Sardines
- Soup
- Tomatoes
- Tuna
- Water chestnuts
- Wax beans

GRAINS

- Barley
- Brown rice
- Couscous (whole wheat)
- Millet
- Pasta in various shapes/sizes (prepared from dry noodle, not canned)
- Quinoa

STONE GROUND WHOLE GRAIN BREAD

- Pumpernickel
- Rye
- Whole wheat

CRACKERS/BREAD PRODUCTS

- Ak-Mak®
- Triscuits®
- Finn Crisp®
- Ry-Crisp®
- Joseph's Lavash®
- Tortillas (6" only)
- Whole wheat mini pita pockets

*Look for 3 g of fiber/serving

SEASONINGS

- Chili seasoning
- Herbs (fresh or dried)
- Hot sauces
- Pepper
- Soy sauce
- Tomato sauce
- Worcestershire sauce

CONDIMENTS

- Jams, jellies (with fruit as the first ingredient)
- Mayonnaise
- Mustards
- Sour cream
- Salsa
- Oil-based salad dressings

OILS AND VINEGARS

- Canola oil
- Olive oil
- Peanut oil
- Safflower oil ("high oleic")
- Sesame oil
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar

SPREADS

- Almond butter
- Cashew butter
- Guacamole
- Hummus
- Peanut butter

MISCELLANEOUS

- Tofu, tempeh and other soy products
- Dried fruit
- Nuts (almonds, cashews, walnuts, peanuts, pistachio)
- Seeds (pumpkin, sunflower, sesame)

BEVERAGES

- Water

- Milk (1% or 2%)

- Unsweetened seltzer, mineral water or soda water with fruit essence (lemon, lime or orange)