

**Lipid Profiles**  
source Duke University.

Low Glycemic Foods (20-49)	Moderate Glycemic Foods (50-69)	High Glycemic Foods (70-100)
<p><b>Breakfast Cereals:</b> All-Bran      All-Bran Fruit'n Oats Fiber One      Oatmeal (not instant) Oat bran</p> <p><b>Fruits and fruit juices: (Limit to 1-2 servings per day)</b> Apples      Apricots Blackberries      Blueberries Cherries      Cranberries Peaches      Pears Plums      Prunes Grapefruit      Raspberries Strawberries      Tangerine</p> <p>Apple juice Grapefruit juice Tomato juice</p> <p><b>Beans and legumes (fresh-cooked):</b> Black-eyed peas      Butter beans Chick peas      Lentils Green beans      Lima beans Kidney beans      Navy beans</p> <p><b>Non-starchy vegetables:</b> Asparagus, bok choy, broccoli, cabbage, cauliflower, celery, cucumber, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, snow peas, spinach, summer squash</p> <p><b>Grains:</b> Barley Bulgur Rye Wild rice</p> <p><b>Nuts and oils:</b> Almonds      Peanuts      Walnuts Hazelnuts      Pecans      Sunflower seeds Oils that are liquid at room temperature</p> <p><b>Dairy, fish, and meat:</b> Milk, skim Lowfat cheese Yogurt, lowfat, fruit sugar sweetened</p> <p>Lean red meat Fish Skinless chicken &amp; turkey Shellfish</p>	<p><b>Breakfast Cereals:</b> Bran Buds      Bran Chex Just Right      Mini- Wheats Special K      Swiss muesli</p> <p><b>Fruits:</b> Banana (under-ripe)      Dates Figs      Grapes Kiwi      Mango Oranges      Raisins</p> <p><b>Fruit Juices:</b> Cranberry juice Orange juice</p> <p><b>Beans and legumes:</b> Boston-type baked beans Canned pinto, kidney, or navy beans Green peas</p> <p><b>Vegetables:</b> Beets Raw Carrots Sweet potato Yam Corn on the cob</p> <p><b>Breads:</b> Pita (pocket) bread Oat bran bread Pumpernickel bread Rye bread Wheat bread, high fiber</p> <p><b>Grains:</b> Cornmeal Rice, brown Rice, white Couscous</p> <p><b>Pasta:</b> Macaroni Pizza, cheese Ravioli, meat filled Spaghetti, white</p> <p><b>Nuts:</b> Cashews Macadamia</p> <p><b>Snacks:</b> Chocolate Ice cream, lowfat Muffin Popcorn</p>	<p><b>Breakfast Cereals:</b> Cheerios Corn Chex Corn Flakes Cream of Wheat Grape Nuts Grape Nut Flakes Life Nutri-Grain Puffed Rice Puffed Wheat Rice Chex Rice Krispies Shredded Wheat Team Total</p> <p><b>Fruits:</b> Pineapple      Watermelon Banana (over-ripe)</p> <p><b>Beverages:</b> Sodas, sweet tea, pineapple juice</p> <p><b>Vegetables:</b> Potato, baked, boiled, fried, mashed French Fries Canned or frozen corn Cooked carrots Parsnips Winter squash</p> <p><b>Breads:</b> Most breads (white and whole grain) Bagels Bread Sticks Bread stuffing Kaiser roll Dinner rolls</p> <p><b>Grains:</b> Rice, instant      Tapioca, with milk</p> <p><b>Snacks:</b> Donuts      Corn chips Jelly beans      Pretzels Pastries</p> <p><b>Restaurant and ethnic foods</b> Most Chinese food (sugar in stir fry or wok sauces) Teriyaki-style meats and vegetables</p>