

Which foods are "GOOD"?

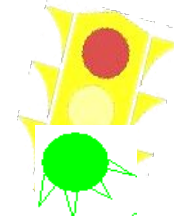
GOOD!!!

Low Glycemic Index food (less than 55)



GO!!!

Yogurt low-fat (sweetened)	14
Peanuts	15
Artichoke	15
Asparagus	15
Broccoli	15
Cauliflower	15
Celery	15
Cucumber	15
Eggplant	15
Green beans	15
Lettuce, all varieties	15
Low-fat yogurt, artificially sweetened	15
Peppers, all varieties	15
Snow peas	15
Spinach	15
Young summer squash	15
Tomatoes	15
Zucchini	15
Soya beans, boiled	16
Cherries	22
Peas, dried	22
Milk, chocolate	24
Pearl barley	25
Grapefruit	25
Milk, whole	27
Spaghetti, protein enriched	27
Kidney beans, boiled	29
Lentils green, boiled	29
Soya milk	30
Apricots (dried)	31
Milk, Fat-free	32
Milk, skimmed	32
Fettuccine	32
*M&Ms (peanut)	32
Rye	34
Milk, semi-skimmed	34
Spaghetti, whole wheat	37
Apples	38
Pears	38
Tomato soup, tinned	38



Plums	39
Ravioli, meat filled	39
Carrots, cooked	39
*Snickers bar	40
Apple juice	41
Wheat kernels	41
Spaghetti, white	41
Black-eyed beans	41
All-Bran	42
Peaches	42
Chickpeas, tinned	42
Oranges	44
Lentil soup, tinned	44
Carrot juice	45
Macaroni	45
Pineapple juice	46
Rice, instant	46
Grapes	46
Grapefruit juice	48
Multi grain bread	48
Rice, parboiled	48
Baked beans, tinned	48
Porridge, non instant	49
*Chocolate bar; 30g	49
Jams and marmalades	49
Whole grain	50
Barley, cracked	50
*Ice-cream (low- fat)	50
Yam	51
Orange juice	52
Kidney beans, tinned	52
Lentils green, tinned	52
Kiwi fruit	53
*Pound cake	54
Bananas	54
Sweet potato	54
*Crisps	54

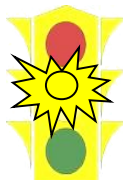
Notes: *high in empty calories

* low-calorie and nutritious foods

Not as GOOD.

Medium Glycemic Index Foods List

5-70)  **SLOW DOWN** 



Oat bran	55
Rice, brown	55
Fruit cocktail	55
Spaghetti, durum wheat	55
Popcorn	55
Muesli	56
Mangoes	56
Potato, boiled	56
Pita bread, white	57
Mini Wheats (wholemeal)	57
Rice, wild	57
Apricots	57
Potato, new	57
Digestives	58
Rice, white	58
Danish pastry	59
Pizza, cheese	60
Hamburger bun	61
*Ice-cream	61
Potato, tinned	61
Muffin (unsweetened)	62
Shortbread	64
Rye-flour bread	64
Apricots (tinned in syrup)	64
Raisins	64
Macaroni cheese	64
Beetroot	64
Mars bar	64
Black bean soup, tinned	64
Cake , tart	65
Water biscuits	65
Potato, steamed	65
*Table sugar (sucrose)	65
Barley, flakes	66
Pineapple	66
Green pea soup, tinned	66
Cake, angel	67

Croissant	67
Taco Shell	68
Whole meal bread	69
Shredded Wheat	69
Potato, mashed	70

Notes: *high in empty calories

* *low-calorie and nutritious foods

NOT GOOD.

High Glycemic Index List



STOP!



White bread	71
Golden Grahams	71
Millet	71
**Watermelon	72
White rolls	73
Puffed wheat	74
Corn chips	74
Chips	75
Waffles	76
Doughnut	76
Wafer biscuits	77
**Rice cakes	77
Weetabix	77
Broad beans	79
Jelly beans	80
Pretzels	81
Rice Krispies	82
Potato, micro waved	82
Cornflakes	83
Potato, instant	83
**Potato, baked	85
Rice pasta, brown	92
Baguette	95
Dates	103

Notes: *high in empty calories

* *low-calorie and nutritious foods

5-ALARM Fitness

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FREE Caloric information at:

www.CalorieKing.com

www.DJWallis.com