

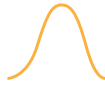
Snacks: Glycemic Index Examples

Low Glycemic Foods



Apples
Apples, dried
Apricots, dried
Avocados
Beans
Cheese
Cherries
Chocolate-covered peanuts/almonds
Coconut
Cottage cheese
Edamame
Eggs
Empanadas
Grapefruit
Hazelnut spread
Hummus
Jerky
Kimchi
Lentils
Meat dumplings
Meats
Milk
Nectarines
Nutrition bars & shakes
Nuts (all)
Olives
Oranges
Peaches
Peanut butter
Pears
Plums
Poultry
Prunes
Salad
Seafood snacks
Seeds (all)
Soy milk
Tomatoes
Tomato juice
Tomato soup
Vegetables, most
Yogurt

Moderate Glycemic Foods



Apricots
Bananas
Banana chips
Beets
Berries (all)
Biscuits
Breads, whole-grain
Canned fruits
Cantaloupes
Carrots
Carrot juice
Cereal bars
Cereals, whole-grain
Chocolate
Cookies
Corn
Couscous
Crackers (high fiber)
Croissants
Figs
Flatbread
Fruit bars
Fruit cocktail
Granola
Granola bars
Grapes
Honey
Ice cream
Juices
Kiwis
Mangos
Muffins
Oatmeal
Papaya
Pasta
Pastries
Pineapple
Plantains
Popcorn
Potato chips
Pound cake
Pudding
Raisins
Sugar
Sweet potatoes
Tortillas

High Glycemic Foods



Arepas
Bagels
Baked potatoes
Breads, enriched
Cakes
Candy
Cereals, sweetened
Corn chips
Crackers, no fiber
Cupcakes
Dates, dried
Doughnuts
Graham crackers
Melba toast
Potatoes
Pretzels
Pudding
Pumpkin
Rice cakes
Rice crackers
Rice snacks
Sodas, regular
Sports drinks
Sugar- sweetened beverages
Vanilla Wafers
Watermelon

Examples of Strategic Snacks

Dairy & Substitutes

- ▶ Cottage cheese
- ▶ Milk
- ▶ Mozzarella string cheese
- ▶ Soy milk
- ▶ Yogurt



Fruits

- ▶ Apple
- ▶ Apricots, dried
- ▶ Cherries
- ▶ Grapefruit
- ▶ Orange
- ▶ Peach
- ▶ Pear
- ▶ Plum
- ▶ Prunes



Proteins

- ▶ Hard-boiled eggs
- ▶ Nuts: peanuts, almonds, walnuts, cashews, pecans, pistachios, soy
- ▶ Peanut butter
- ▶ Seeds: sunflower, pumpkin



Others

- ▶ Beans
- ▶ Tomato juice
- ▶ Trail mix that includes nuts or seeds



Combinations

- ▶ Raisins + peanuts
- ▶ Banana + hazelnut spread
- ▶ Celery + peanut butter
- ▶ Whole grain crackers + cheese
- ▶ Whole grain bread + peanut butter
- ▶ Lean lunch meats or tuna + crackers
- ▶ Bread + cheese
- ▶ Cottage cheese + fruit
- ▶ Grapes + cheese
- ▶ Yogurt + berries
- ▶ Yogurt + granola
- ▶ High fiber cereal + milk
- ▶ Pita + hummus
- ▶ Strawberry + hazelnut spread
- ▶ Milk + cookie

