

GLYCEMICALLY ACCEPTABLE SHOPPING LIST:

FRUIT: unsweetened applesauce, apples, green bananas, blueberries, cherries, grapes, grapefruit, honeydew melon, kiwi, lemon, nectarines, oranges, peaches, pears, plums, prunes, raspberries, strawberries, tangerine

JUICE: Minute Maid 100% orange juice, unsweetened apple, orange, peach, pear, grapefruit, pineapple juices

COCOAS: *Carnation Fat Free, Carnation, No Sugar Added, Swiss Miss Fat Free*

VEGGIES: artichoke, arugula, asparagus, avocado, beans (garbanzo, green, lima), broccoli, cabbage, cauliflower, celery, chickpeas, collard greens, eggplant, endive, escarole, green pepper (red yellow), kale, mushrooms, mustard greens, onions, olives, peas, pea pods, peppers, pickles, radishes, sauerkraut, snow peas, spinach, squash (Summer yellow), sweet potatoes, turnips, water chestnuts, zucchini

LEAN CUISINE: bow tie pasta and chicken, chicken chow mein with rice, cheese cannelloni, chicken Mediterranean, chicken oriental, chicken primavera, chicken in wine sauce, country vegetables and beef, fiesta beef and rice, grilled chicken, herb roasted chicken, oriental beef, roasted chicken with mushrooms, teriyaki stir-fry

BEANS: frozen, canned, fresh black beans, chickpeas, kidney, lentils, lima, navy, pinto, peas (split), pinto, soybeans, white haricot

SALADS: **NO CROUTONS** avocado, Caesar, chef's, Cobb, cole slaw, crab louis, cucumber, egg, fruit, green, pasta and chicken, spinach salad with sugar-free dressing, shrimp or seafood, tuna, vegetable

DRESSINGS: *Annie's Naturals, Cardini's Zesty Garlic, Romano Cheese Italian Dressing, Hellmann's Creamy Caesar and Creamy Ranch, Ken's Ranch and Chunky Blue Cheese, Kraft Balsamic Vinaigrette, Creamy Roasted Garlic, and Garlic Ranch, Newman's Own Olive Oil & Vinegar and Caesar, Seven Seas Free Viva Italian, Wishbone Lite Italian and Fat Free Italian, Zeus Greek Salad Dressing, all natural*

SALSA: *Herdez Salsa Verde, J. Madrid, La Victoria Mild Green & Red Taco Sauce, Newman's Own All Natural Salsa, Shotgun Willie's, Taco Bell, Texas Pete Sweet Red Pepper Sauce, Tostitos All Natural Salsa*

TORTILLAS: whole wheat tortillas (not corn), *La Tortilla Factory* Fat-free Tortillas

BREAD/PASTRY: 100% sprouted wheat bagel/bread, barley, 100% whole grain, multi-grain, 9-grain, oat bran bread, pita (preferably whole wheat), pumpernickel, rye pumpernickel, whole grain, 100% stone ground whole wheat, *Shiloh Farms* 100% Whole Grain Sprouted or Cracked Wheat Sourdough bread, sprouted wheat bread

CRACKERS: *Ak-Mak* 100% stone ground whole wheat cracker, *Bran-a-Crisp*, *Wheat Thins*, *Triscuits/Weavers*

FLOUR: *Arrowhead Mills* Stone Ground Whole Wheat Flour (Drug Emporium, some Kroger's)

CEREAL/HOT&COLD: *All-Bran* (extra Fiber and Fruit 'n Oats), *Bran Buds* with Psyllium, Buckwheat groats, Buckwheat *Kashi*, *Fiber One*, *Healthy Start*, *Muesli*, Old-fashioned Oatmeal (not instant), Oatmeal porridge, Pearled barley, *Quaker* Oats, oat bran, *Special K*, Rice Bran, *Carbolite* Zero Carb Bake Mix (pancakes), *Ketogenics'* Low Carb Pancake Mix

SYRUP: *Featherweight* Lite Syrup, *Fifty 50* Reduced Calorie Syrup

PASTAS: most pastas, not overcooked (al dente)

SAUCES: *Cento*, *Colavita* Premium Sauce, *Gia Russa* Pasta Sauce, *Pastene* California Pizza Sauce, *Mom's* Spaghetti Sauce, *Annie's* Naturals, *Mayacamas* Hollandaise Sauce Mix/Bearnaise Mix, Pesto Mix, *Papa Demos* Lemon Herb Sauce

RICE: parboiled high amylase rice (lowest GI), *Uncle Ben's* converted, brown, and basmati rices, long-grain rice

POTATOES: new potatoes, sweet potatoes

GRAINS: buckwheat, bulgar, barley, rye, wheat kernels, oat bran, rice bran (lower GI than oat bran)

CHEESE: any cheese except diet Parmesan, light versions acceptable (*Alpine Lace*, *Jarlsberg*)

MILK: buttermilk, chocolate milk (sugar-free or fructose sweetened), sugar-free *Jell-O* puddings, milk, soy, yogurt (plain low fat or nonfat, sugar-free without maltodextrins, *Dannon Light 'n' Fit Creamy*, *Blue Bunny Lite 85*, *Breyer's Light Fat Free*)

ICE CREAM: Dryer's No Sugar Added, ice cream with dairy protein low fat and no maltodextrins, sugar-free popsicles, *Tropicana Fruit Juice Bars*, fat-free and no sugar added, *Yoglace*, *Creamsicles* (low or nonfat and artificially sweetened)

FATS: *Benecol* spread, Canola, Corn, Olive oils, light mayonnaise, butter sprays, *Smart Balance* (light preferably),

SNACKS/PROTEIN: fried chicken fingers/strips, grilled chicken strips, chicken nuggets made with real chicken, 10 nuts

SOUPS: *Progresso Vegetable*, clam chowder, chili, shrimp/seafood gumbo (no rice), jambalaya (no rice), onion soup (no bread), lentil soup, gazpacho, Italian minestrone, tomato, bean & pasta soup fresh

PEANUT BUTTER: *Smucker's Natural Peanut Butter*, *Kroger brand Natural Peanut Butter* (store in refrigerator)