

KAREN MAYO

Health & Wellness Expert

Low-Glycemic Foods

Water	Apple
Oatmeal	Grapes
Eggs	Plum
Protein Powder	Shrimp
Peanut Butter	Mayonnaise
Tahini	Plain Yogurt
Olives	Deli Meat
Beef	Ham
Cheese	Soy Milk
Salsa	Spirulina
Black Beans	Tempeh
Kidney Beans	Egg Substitute
Ground Turkey	Oil
Soy Sausage	Peanuts
Chicken	Swordfish
Turkey Sausage	Tuna Steak
Salmon	Tomato Sauce
Turkey	Spinach
Canned Tuna	Carrots
Canned Chicken	Orange
Soy Burgers	Pear
Cottage Cheese	Pineapple
Almonds	Brussels Sprouts
Macadamia Nuts	Eggplant
Avocado	Sauerkraut
Tofu	Hot Dogs
Tomato	Chickpeas
Lettuce	Lamb
Onion	Pork
Mushrooms	Dill Pickles
Cucumber	Soy Beans
Blueberries	Asparagus
Milk	Zucchini
Broccoli	Peach

High-Glycemic Foods

Acorn Squash	Cereal
Baked Beans	Cornstarch
Beets	Croissant
Black-eyed Peas	Croutons
Butternut Squash	Doughnut
Cooked Carrots	English Muffin
Corn	Granola
French Fries	Grits
Hubbard Squash	Melba Toast
Lima Beans	Muffin
Parsnips	Noodles
Peas	Instant Oatmeal
Pinto Beans	Pancake
Potato	Popcorn
Refried Beans	Rice
Sweet Potato	Rolls
Turnip	Taco Shell
Banana	Tortilla
Cranberries	Udon Noodles
Dates	Waffle
Fig	BBQ Sauce
Guava	Ketchup
Mango	Cocktail Sauce
Papaya	Honey
Prunes	Jelly
Raisins	Sugar
Fruit Juice	Maple Syrup
Vegetable Juice	Teriyaki Sauce
Bagel	Chocolate
Biscuit	Corn Chips
Bread Crumbs	Ice Cream
Bread	Potato Chips
Steak Sauce	Pretzels
Bulger	Saltine Crackers
Sweet Relish	Molasses