

LOWER GLYCEMIC ALTERNATIVES

for blood sugar control

HIGH GLYCEMIC

LOWER GLYCEMIC

<u>Breads</u>	<ul style="list-style-type: none"> • 100% Whole wheat or whole grain • Sprouted or sprouted whole grain • Sourdough • Dark rye (Pumpernickel)
Candy	<ul style="list-style-type: none"> • Dark chocolate • Chocolate covered nuts • Sugar free
Cereal	<ul style="list-style-type: none"> • Wheat bran based (Kellogg's All Bran, Post 100% Bran) • Kashi Go Lean • Shredded Wheat
Drinks	<ul style="list-style-type: none"> • Water • <u>Plant milks</u> (though dairy milk is well balanced) • Stevia-sweetened • Zevia sodas • <u>Sparkling Ice</u> • High fiber <u>smoothies</u>
Oats	<ul style="list-style-type: none"> • Steel cut • Rolled
Pasta	<ul style="list-style-type: none"> • 100% Whole wheat • Chickpea • Lentil • Tofu or shirataki • Protein fortified • Cooked, then cooled for resistant starch

HIGH GLYCEMIC

LOWER GLYCEMIC

<u>Pizza</u>	<ul style="list-style-type: none"> • Thin crust • Flathead crust
<u>Potatoes & Chips</u>	<ul style="list-style-type: none"> • <u>Cold potatoes</u> • <u>Boiled sweet potatoes</u> • Bean chips • Blue corn chips
<u>Rice</u>	<ul style="list-style-type: none"> • Brown rice • Farro • Barley • Quinoa • Veggie rice (cauliflower, broccoli, etc.)
<u>Sugar</u>	<ul style="list-style-type: none"> • Monk fruit • Stevia • Agave • Xylitol • Sucralose (Splenda) • Saccharin (Sweet'N Low) • Erythritol • Allulose
<u>Tortillas</u>	<ul style="list-style-type: none"> • 100% Whole wheat • Corn and blue corn • High fiber
<u>White flour and white flour products (cake, cookies, pancakes, waffles, crackers, croutons, etc .)</u>	<ul style="list-style-type: none"> • 100% Whole wheat • Oat flour • Chickpea flour • Almond flour • Coconut flour • Protein fortified