

The GlucALite® Glycemic Quick Reference Chart

Food Category	Beneficial Foods	Non-Beneficial Foods
Beverages	Pure Water with Lemon or Lime, Tea (<i>Green, White</i>), Fresh Squeezed Juice <i>must include pulp</i>	Processed Beverages, Both Diet & Regular Soda, Pre-Packaged Juices (<i>Fructose, Sugar-Sweetened, Powdered, or From Concentrate</i>), Enhanced Waters, Gourmet Sweetened Coffee Beverages
Grains	100% Whole Grain (<i>Buckwheat, Oat, Corn, Barley, Quinoa, Wheat, Rye, Spelt, Sprouted</i>), Rice (Long, Basmati, <i>Brown rice, Wild Rice, Bulgur, Cous Cous</i>)	White Flour, Millet, Amaranth, Maize Meal, Processed, Refined or Enriched Flour or Grains
Breads	100% Whole Grain (<i>see grains above</i>)	Processed, Refined, Enriched: White Bread, Soft Wheat Bread, Flour Tortillas, White flat-breads
Beans	Pinto, Black Eyed, Butter, Black, Chick Peas/Garbanzo, Navy, Kidney, Lentils, Mung, Soy	Fava, Processed with Added Sugar
Fruits & Vegetables	Organic, Locally Grown, Fresh or Frozen	Processed, Sweetened, Canned, Dried or Candied
Snacks	100% Whole Grain Crackers, Jerky (<i>Beef, Turkey, Salmon</i>), Nuts (<i>Pumpkin, Walnuts, Almonds, Cashews, Flax, Sunflower</i>), Veggies and Hummus Non-Fat or Low-Fat Yogurt, Xylitol Sweetened Gum, all without High Fructose Corn Syrup, MSG, Hydrogenated oils or Preservatives	Donuts, Pastries, Candy, Candy Bars, Jelly Beans, Fried Chips, All Pop-Corn, Rice Cakes, Processed, Refined or Enriched Grain Crackers, Non-Whole Grains or White Flour Snack Products
Protein	Lean Beef, Veal, Chicken, Turkey, Lamb, Pork, Duck, Pheasant, Ostrich, Buffalo, Fish (<i>Salmon, Tuna, Sole, Halibut, Sword Fish, Shrimp, Crab, Lobster</i>), Dairy (<i>Eggs, Cheese, Cottage Cheese, Non-Fat Low-Fat Milk</i>) Tofu, Protein Powders (<i>Non Sweetened or Sweetened with Stevia or Xylitol</i>)	Avoid Fried, Processed, Flavor Enhanced (<i>High Fructose Corn Syrup, MSG</i>), Preservative and Hydrogenated Oil added Protein Products
Sweeteners	Stevia, Truvia, Agave Syrup, Xylitol	High Fructose Corn Syrup, Aspartame (<i>NutraSweet, Equal</i>), Sucralose (<i>Splenda</i>), Saccharin (<i>Sweet'N Low</i>), White Sugar, Brown Sugar, Evaporated Cane Juice, Raw Sugar, Sucrose, Glucose (<i>Dextrose</i>), Lactose, Maltose
Breakfast	100% Whole Grain Cereals (<i>see grains above</i>), Steel Cut Oats, Granola, Muesli, Kasha, Ham and Eggs, Low-Fat Yogurt, Low-Fat or Non-Fat Milk, Cottage Cheese, Protein and Vegetables, Low Glycemic Fruits, Breakfast/Meal Replacement Bars (<i>Sweetened with Stevia or Xylitol</i>)	White Bread Toast, Sugary Processed Refined Enriched Breakfast Cereals, Amaranth, Donuts Pastries, Refined Flour Bagels, Breakfast/Meal Replacement Bars (<i>Sweetened with Non-beneficial Sweeteners above</i>), Instant Hot Cereals, Pudding, Tapioca, Biscuits, Gravies, Gourmet Sweetened Coffee Beverages
Flavor Enhancers	Sea Salt or Himalayan, Organic Spices (<i>Garlic, Cayenne, Cinnamon, Curcumin, Oregano, Rosemary, Sage, Basil, Parsley, Thyme, Cilantro, Dill, Fennel, Sea Weed, Coriander, Ginger, Cloves, Nutmeg, Saffron</i>)	MSG* (<i>Monosodium Glutamate – See Other names for MSG below</i>)
Chocolate	Dark chocolate >70% cacao (<i>small amounts</i>)	Milk/White chocolate
Oils/Fats	100% Expeller/Cold Pressed oils, Olive (<i>Extra Virgin</i>), Grape seed, Walnut, Pumpkin seed, Flax seed, Sunflower, Safflower, Canola, Soybean, Camela, Organic Butter, Avocados, Raw Nuts, Nut Butters, Flax Seed, Raw Seeds, Cod Liver Oil	All Hydrogenated Vegetable Oils (<i>Margarine, Vegetable Shortening</i>), Trans-Fats, Cottonseed, Palm Kernel

<http://www.glucalite.com/glucalite-glycemic-chart/>

