

No Foods

Proteins to Avoid

Beef brisket and other fatty cuts of beef
Bacon, fat cuts of pork, honey-baked ham
Chicken and turkey wings, legs and thighs
Duck and goose
Full-fat dairy products.

Trans-Fats

Vegetable margarines
Hydrogenated oil - as an
Ingredient in processed foods
Partially hydrogenated oil in processed foods

High-Glycemic Veggies

Beets
Celery root
Red potatoes
Sweet potatoes
White potatoes
Yams
Carrots
Corn
Peas
Turnips
Winter squash

High-Glycemic Fruits

Bananas
Grapes
Orange juice
Papayas
Raisins
Watermelon
Clementines
Honeydew melons
Oranges
Pineapples
Dates, dried fruits

"med"-Glycemic Starches

Plain cooked oatmeal (not instant)
Brown rice
No-sugar-added, high fiber cereal
Pita bread
Spinach pasta
Corn tortillas
Peas
Melba toast

High-Glycemic Starches

Bagels
Cakes
Cookies
Granola (bars)
Pretzels
Rice
Semolina pasta
Bread (white flour)
Cold Cereals (except high fiber)
Crackers
Muffins
Refined flours
Rice cakes
White sugar