

## 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