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Low-Glycemic Plant-based Food List for Diabetes

When choosing low-glycemic foods, it's important to consider both the **Glycemic Index (GI)** and the **Glycemic Load (GL)** of the foods you are eating. (**GI** is the rate a food item is digested and raises blood glucose levels in the body. **GL** not only takes into consideration the rate food is converted into blood glucose, but also the amount of carbohydrates contained in a specific food.) Visit plant-based4health.com for more information. If you don't see a particular food item on this list, search that item at glycemic-index.net.

The lower the score, the longer that food item takes to raise your blood glucose levels.

- **GI scale:** **Low** = less than 55, **Medium** = 55 – 70, **High** = above 70
- **GL scale:** **Low** = 10 or less, **Medium** = 11 - 19, **High** = 20 or higher

Important: The food items listed below are based on eating them plain, without adding any flavoring. How a food item is prepared (adding sauces, spices, oil and other ingredients) may change the GI / GL scores.

Fresh Fruits	GI Score	GL Score Per Serving
Apples	Low	Low
Avocados	Low	Low
Banana	Low-Medium	Medium
Blueberries	Low	Low
Dried fruit	High	High
Grapes (red or green)	Medium	High
Lemon	Low	Low
Mango	Medium	Low
Nectarine	Low	Low
Oranges	Low	Low
Peach	Low	Low
Pineapple	Low-medium	Low
Plums (fresh)	Low	Low
Tomatoes (fresh)	Low	Low
Watermelon	High	Low

Grains and Flours	GI Score	GL Score Per Serving
Brown rice (plain)	High	Medium
Oat flour	Low	Low
Quinoa (cooked, plain)	Low	Low
Rye flour	Low	High
White flour	High	High
Whole wheat	Low	High
Wild rice	Low	High

Legumes, Nuts and Seeds	GI Score	GL Score Per Serving
Almonds	Low	Low
Black beans	Low	Low
Black-eyed peas	Medium	High
Cashews	Low	Low
Chia seeds (dried)	Low	Medium
Chick peas (canned)	Low	Low
Flax seeds	Low	Low
Lentils (green or yellow, plain)	Low	Low
Pistachios	Low	Low
Red beans	Low	Medium
Split peas (dal)	Low	Low
Sunflower seeds (dried)	Low	Low
White beans	Low	High

Vegetables	GI Score	GL Score Per Serving
Artichoke	Low	Low
Asparagus	Low	Low
Beets (boiled)	Medium	Low
Bell peppers (red or green)	Low	Low
Broccoli	Low	Low
Cabbage (white or red, raw)	Low	Low
Carrots (raw)	Low	Low
Cauliflower (raw)	Low	Low
Celery (raw)	Low	Low
Cucumbers (raw)	Low	Low
Eggplant (cooked)	Low	Low
Green beans	Low	Low
Leafy greens (kale, spinach, chard)	Low	Low
Mushrooms (raw or cooked)	Low	Low
Potato (baked, plain)	High	High
String beans	Low	Low
Sweet potato (baked, plain)	High	Medium-High
Zucchini	Low	Low

Plant-based Oils	GI Score	GL Score Per Serving
Avocado oil	Low	Low
Coconut oil	Low	Low
Hemp seed oil	Low	Low
Olive oil	Low	Low
Sunflower oil	Low	Low

Sweeteners	GI Score	GL Score Per Serving
Agave syrup	Low	Medium
Brown rice syrup	High	High
Coconut sugar	Low	Low
Maple syrup	Medium	High
Monk fruit	Low	Low
Stevia	Low	Low