



Food is Your Most Powerful Medicine

Glycemic Index of Carbohydrates

Breakthrough Fat Loss Foods

Above 100%	80-100%	50-80%	30-50%	30% or less
<i>Grain based food</i>				
Puffed Rice	Grape nuts	Spaghetti	Barley	
Corn flakes	Whole-wheat bd.	Pasta	Oatmeal slow ck.	
Puffed wheat	Rolled oats	All-brand cereal	Rye bread	
Millet	Oat bran	Pumpnickel bd.		
Instant rice	Mashed Potato			
Instant Potatoes	White rice			
Micro-wv. potato	Brown rice			
French bread	Muesli			
	Shredded wheat			
<i>Fruit</i>				
	Apricots	Orange	Apple	Cherries
	Banana	Orange juice	Apple juice	Plums
	Mango		Applesauce	Grapefruit
	Raisins		Pears	
	Papaya		Grapes	
			Peaces	
<i>Vegetables</i>				
	Carrots	Peas	Kidney beans	Soy beans *
	Parsnips	Garbanzo beans	Lentils	Lettuce
	Corn	Kidney beans cn.	Black-eyed peas	Celery
		Baked beans	Kidney beans dr.	Cabbage
		Navy beans	Lima beans	Cucumber
		Pinto beans	Tomato soup	Spinach
<i>Snacks</i>				
Tofu ice cream	Ice cream-low fat	Candy bar *		Peanuts *
Puffed-rice cakes	Corn chips	Potato chips *		
	Rye crisps			
			<i>Dairy Products</i>	
			Ice cream-regular	
			Milk (skim)	
			Milk (whole)	
<i>Simple Sugars</i>				
Maltose		Lactose		
Glucose		Sucrose		Fructose



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* **High fat** content will retard the rate of absorption of carbohydrate into the body.
