

Fruits and Vegetables		Starches	
Very High	Medium	Very High	Medium
-none	-Cantaloupe	-Refined Sugar	-Oatmeal
	-Grapes	-Cereal (Corn Flakes)	-Pasta
High	-Orange	(Raisin Bran)	-Peas
-Banana	-Orange Juice	-Rice Cakes	-Pita Bread
-Raisins	-Peach		-Pinto Beans
-Beets	-Pineapple		-Rye Bread
	-Watermelon	High	-Yam
		-Bagel	
	Low	-Bread (whole grain)	Low
-Apple	-Green Beans	-Carrots	-Lentils
-Apricot	-Green Pepper	-Corn	
-Asparagus	-Lettuce	-Kidney Beans	
-Broccoli	-Mushrooms	-Muffin (bran)	
-Brussel Sprouts	-Onions	-Potatoo	
-Cauliflower	-Plums	-Pretzels	
-Celery	-Spinach	-Rice	
-Cherries	-Strawberries	-Tortilla	
-Cucumber	-Tomatoo	-Granola	
-Grapefruit	-Zucchini		