

GI Ratings for the World's Healthiest Foods

Stay within the highlighted foods

Food Group	Very Low GI	Low GI	Medium GI	High GI
World's Healthiest Foods				
Vegetables	asparagus	carrots	beets	potatoes
	avocados	eggplant	corn	
	beet greens	garlic	leeks	
	bell peppers	green peas	sweet potatoes	
	bok choy	onions		
	broccoli	sea vegetables		
	Brussels sprouts	winter squash		
	cabbage			
	cauliflower			
	celery			
	collard greens			
	cucumbers			
	fennel (bulb)			
	green beans			
	kale			
	mushrooms, crimini			
	mustard greens			
	olives			
	olive oil			
	Romaine and other lettuce			
	spinach			

	summer squash			
	Swiss chard			
	tomatoes			
	turnip greens			
Fruits		apples	apricots	
		bananas	cantaloupe	
		blueberries	figs	
		cranberries	papaya	
		grapefruit	pineapple	
		grapes	watermelon	
		kiwifruit		
		lemons/limes		
		oranges		
		pears		
		plums & prunes		
		raspberries		
		strawberries		
Nuts & Seeds	flaxseeds	almonds		
	sesame seeds	cashews		
		peanuts		
		pumpkin seeds		
		sunflower seeds		
		walnuts		
Beans & Legumes	soybeans	black beans		
	tofu	dried peas		
	tempeh	garbanzo beans		
		kidney beans		

		lentils		
		lima beans		
		navy beans		
		pinto beans		
Seafood	cod	scallops		
	salmon			
	sardines			
	shrimp			
	tuna			
Meats	beef, grass-fed			
	chicken-pasture-raised			
	lamb, grass-fed			
	turkey, pasture-raised			
Dairy		cheese, grass-fed		
		eggs, pasture-raised		
		cow's milk, grass-fed		
		yogurt, grass-fed		
Grains		barley	millet	
		brown rice		
		buckwheat		
		oats		
		quinoa		
		rye		
		whole wheat		

World's Healthiest Spices and Herbs	black pepper			
	chili pepper			
	cilantro & coriander seeds			
	cinnamon			
	cloves			
	cumin seeds			
	dill			
	ginger			
	mustard seeds			
	oregano			
	parsley			
	peppermint			
	rosemary			
	sage			
	thyme			
	turmeric			