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 A Pain & Weight Control Holistic Center
 Integrative & Alternative Medicine for Better Health

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Nutritional Supplements

Recommended Food Categories	Glycemic Index Average (GI)
Apples	Low
Beans	Low
Vegetables	Low
Dairy	Low
Oatmeal and other oats	Low
Sweet Potato	Low to Moderate
Meats and Proteins	None
Legumes	Low
Cereals very low in Sugar	Low to Moderate

Beverages	GI
Beer	Moderate
Coffee	No effect
Gatorade / other Sports Drinks	High

Breads	GI
White Bread	High
Pumpernickel Bread	Low
Rye Bread	High
Flaxseed	Low
Oat Bran	Low
Pita Bread	Med
Wonder White Bread	High
Whole Wheat Tortillas	Med
Sourdough	Low

Breakfast Breads (Cereals)	GI
All Bran	Low
Bran Flakes	High
Coco Pops	High
Fruit Loops	Med
Frosted Flakes	Med
Muesli	Low
Nutri-Grain	Med
Instant Oatmeal	High
Steel Cut Oats	Low
Puffed Rice	High
Raisin Bran	High
Rice Krispies	High
Shredded Wheat	High
Special K	Med

Muffins and Cakes	GI
Angel Food Cake	Med
Banana Bread	Low
Blueberry Muffin	Med
Carrot Muffin	Med
Croissant, plain	Med
Cupcake	High
Pancakes, premade package	Med to High
Waffles	High

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Grains	GI
Buckwheat	Low
Millet	High
Quinoa	Low
Bulgur	Low
Polenta	Med

ALL DAIRY PRODUCTS	GI
	Low

Fruit Dried	GI
Apples	Low
Apricots	Low
Cranberries, sweetened	Med
Dates	Low to Med
Figs	Med
Prunes	Low
Raisins	Med

Fresh Fruit	GI
Apples	Low
Apricots	Med
Avocados	VERY Low
Banana	Low
Cantaloupe	Med
Cherries	Med
Grapefruit	Low
Grapes	Low
Kiwi	Low
Mango	Low
Orange	Low
Papaya	Med
Peach	Low
Pear	Low
Pineapple	Med
Strawberries	Low
Watermelon	High

Meat	GI
Bacon	None
Beef Lean	None
Calamari	None
All Fish	None
Chicken Nuggets Breaded	Low
Seafood	None

Fish Sticks	None
Ham	None
Lamb	None
Lobster	None
Turkey	None
Tuna	None
Sushi	Low

Pastas	GI
Fettuccine egg noodles cooked	Low
Gnocchi, cooked	Med
Instant noodles	Med
Linguine	Low
Macaroni and Cheese	Med

Rice	GI
Basmati Rice	Med
Brown Rice	Med
Instant Rice	High
Jasmine Rice	High
Long Grain	Low
Wild Rice	Med

Candy	GI
Jelly Beans	High
Licorice, soft	High
Life Savers	High
Corn Chips, Plain, Salted	Low
Dark Chocolate	Low

Spreads	GI
Honey	Low
Agave	Low
Jam (100% fruit)	Low
Nutella, hazelnut spread	Med

Vegetables	GI
<i>Most vegetables have a low GI, we will show you the others</i>	
Beets, red, canned	Med
Broad Beans (fava)	High
Carrots (cooked)	Low to Med
Parsnips	High
Potato	High
Peas	Low