

Low GL **Fruit** and **Vegetables**

	Fruits	Vegetables
Spring	Grapes, limes, passion fruit, sharon fruit, lemons, grapefruit, avocados	Rhubarb, leeks, cabbage, watercress, new potatoes, spinach, aubergines, radishes, rocket, spring greens
Summer	Strawberries, raspberries, blueberries, redcurrants, blackcurrants, cherries, nectarines, melons	Asparagus, baby carrots, fresh peas, tomatoes, runner beans, lettuce, cucumber, courgettes, peppers, mange tout
Autumn	Blackberries, apples, pears, gooseberries, damsons, plums, elderberries, greengages	Pumpkin, onions, fennel, wild mushrooms, squash, turnips, red cabbage, celeriac, swedee
Winter	Satsumas, clementines, cranberries, mandarins, tangerines, pears, pomegranates	Brussels sprouts, chicory, cauliflower, kale, celery, mushrooms, purple sprouting broccoli

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High and Low GL Staples

Food type	Low GL – will help maintain constant blood sugar	High GL – will cause blood sugar spikes
Breads	Pumpnickel, rye, sourdough, soya and linseed, barley and sunflower, granary, seeded breads	White, wholemeal, French stick, rice cakes, cream crackers, bread sticks
Cereal	Whole oats, oatmeal, porridge, no added sugar muesli, bran sticks, semolina, quinoa	Sweetened cereals, rice based cereals, bran flakes, wheat biscuits, shredded wheat
Rice	Long grain, wild, and basmati rice. Bulgur or cracked wheat, couscous, pearl barley	Short grain, sticky white rice
Potatoes	Baby new potatoes, sweet potatoes, yams, celeriac, swede	Large floury white potatoes, French fries, mashed potato

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