

Nikam's Heart Healthy Diet

Heart Healthy Shopping list – Low Glycemic Index Foods

Foods	Ser Size	Carb grams	GI
All-Bran, breakfast cereal	½ cup	15	30
Apple, 1 medium	4 oz.	15	38(avg)
Basmati rice, white, boiled	1 cup	38	58
Black-eyed peas, canned	2/3 cup	17	42
Bun, hamburger	1.5 oz	22	61
Carrots, mean of four studies, raw	1 med.	6	47
Chickpeas, canned	2/3 cup	22	42
Coca Cola, soft drink	8 oz	26	53
Cucumber	¾ cup	0	0
Fructose, pure	1 Tbsp 1 1/2	10	19(avg)
Gluten-free split pea and soy pasta shells	cups	31	29
Grapefruit, raw, medium	½	11	25
Green peas	1/3 cup	7	48
Hot cereal, unflavored (Con Agra Inc., USA)	1.2 oz dry	19	25
Ice cream, low fat, vanilla, "light"	½ cup	9	50
Kidney beans	¾ cup	18	46
Lentils, green, boiled	¾ cup	17	30(avg)
Lima beans, baby, frozen, reheated in microwave oven	¾ cup	30	32
Macaroni, cooked	1 ¼ cups	48	47(avg)
Milk, skim	8 oz	13	32
Mousse, chocolate, 2% fat	1.75 oz	11	31
Mousse, mango, 1.8% fat	1.75 oz	11	33
Mousse, mixed berry, 2.2% fat	1.75 oz	10	36
Mousse, Strawberry, 2.3% fat	1.75 oz	10	32
Multi-Grain 9-Grain bread	1 oz	14	43
Noodles, mung bean, dried, boiled	1 ½ cp	45	39
Oatmeal	1 cup	21	42
Orange, medium	4 oz	11	42(avg)
Peach, fresh, large	4 oz	11	42(avg)
Peanuts, roasted, salted	1.75 oz	6	14(avg)
Pear, raw	4 oz	11	38(avg)

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

Healthy Choice Food Values

Heart Healthy Foods Shopping list – Low Glycemic Index Foods 2

Pinto beans, dried, boiled	¾ cup	26	39
Plums, raw	2 med	12	39
Ravioli, durum wheat flour, meat filled, boiled	6.5 oz	38	39
Rice, brown, steamed	1 cup	33	50
Rice noodles, freshly made, boiled	1 ½ cups	39	40
Rye bread	1 oz	14	58(avg)
Soybeans, dried, boiled	1 cup	6	20
Spaghetti, white, boiled 5 min	1 ½ cups	48	38(avg)
Spaghetti, whole wheat, boiled 5 min.	1 ½ cups	44	32
Split pea and soy pasta shells, gluten-free	1 ½ cups	31	29
Split peas, yellow, boiled 20 min	¾ cup	19	32
Super Supreme pizza, thin and crispy (13.2% fat)	1 slice	22	30
Tapioca, boiled with milk	¾ cup	18	81
100% Whole Grain bread	1 oz	13	51
Yogurt, low fat, fruit, with artificial sweetener	8 oz	15	14
Apple juice, pure, clear, unsweetened	250ml	30	44
Smoothie drink, spy, banana	250ml	22	30
White bread+15g psyllium fiber	30	17	41
All-Bran (Kellogg's)	30	23	38
Hot cereal, apple & cinnamon	30	22	37
Basmati, boiled	150	38	58
Brown, steamed	150	33	50
Yogurt, type	200	9	36
Low fat, fruit, aspartame, Ski	200	13	14
Soy (milk, full fat, Original So Natural, Australia)	250	17	44
Apple	120	16	40

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Introduction

Heart Healthy Shopping List – Minimize High Glycemic Index Foods

Foods	Ser Size	Carb grams	GI
Broken rice, white, cooked in rice cooker	1 cup	43	86
Cantaloupe, raw	4 oz	6	65
Clif Bar (cookies & cream)	2.4 oz	34	101
Corn Flakes, Honey Crunch, breakfast cereal	1 cup	24	72
Corn Pops, breakfast cereal	1 cup	26	80
Crispix, breakfast cereal	1 cup	25	87
Desiree potato, peeled, boiled 35 min	5 oz	17	101
Doughnut, cake type	1.75 oz	23	76
English Muffin bread	1 oz	14	77
French baguette, white, plain	1 oz	15	95
French fries, frozen, reheated in microwave	30 pcs	29	75
GatorLode (orange) sport drink	8 oz	15	100
Gatorade (orange) sport drink	8 oz	15	80
Glucose tablets	3 pcs	15	102
Gluten-free white bread, sliced	1 oz	13	79
Glutinous rice, white, cooked in rice cooker	2/3 cp	48	92(avg)
Instant potato, prepared	¾ cp	20	85(avg)
Instant rice, white, cooked 6 min	¾ cp	42	87
Jasmine rice, white, cooked in rice cooker	1 cup	42	109
New potato, unpeeled and boiled 20 min	5 oz 2-4"	21	78
Pancakes, prepared from mix	pancakes	58	67
Parsnips	½ cup	12	97
Potato, baked	5 oz	30	85(avg)
PowerBar (chocolate)	2.6 oz	42	83
Pretzels, oven-baked	1 oz	20	83
Puffed Wheat, breakfast cereal	2 cups	21	80
Rice, parboiled	1 cup	36	72
Rice Krispies, breakfast cereal	1 ¼ cups	26	87
Rice pasta, brown, boiled 16 min.	1 ½ cups	38	92
Roll (bread), Kaiser	½	16	73
Roll-ups, processed fruit snacks	1oz	25	99
Shredded Wheat, breakfast cereal	2/3 cup	20	75(avg)
Soda Crackers, Premium	5 crackers	17	74

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Stuffing, bread	1 oz	21	74
Total, breakfast cereal	¾ cup	22	76
Vanilla wafers	6 cookies	18	77
Waffles	1	13	76
Watermelon, raw	4 oz	6	72
Wheaties, breakfast cereal	1 cup	21	82
White bread	1Oz	14	70
Whole-wheat bread, wheat flour	1 oz	12	77
Doughnut, cake type	47	23	76
Corn muffin, low-amylose	57	29	102
Pancakes, buckwheat, gluten-free, made from packet mix	77	22	102
Scones, plain (packet mix)	25	9	92
Coca-cola, soft drink/soda	250ml	26	63
Smoothie, raspberry	250ml	41	33
Cranberry juice cocktail	250ml	36	68
White flour	30	14	70
Lebanese bread, white	30	16	75
Middle Eastern flatbread	30	16	97
Wheat flour flatbread	30	16	66
Amaranth: wheat composite flour flatbread	30	15	76
Corn Flakes (Kellogg's)	30	26	92
Cream of Wheat	250	26	66
Amaranth popped, with milk	30	22	97
Long grain, parboiled, 20 min cooking time	150	37	75
Jasmine rice	150	42	109
Banana, ripe (all yellow)	120	25	51
Dates, dried	60	40	103

Heart Healthy Shopping list –minimize High Glycemic Index Foods -2

Introduction

White bread	1 oz	14	70
Whole-wheat bread, wheat flour	1 oz	12	77
Doughnut, cake type	47	23	76
Corn muffin, low-amylose	57	29	102
Pancakes, buckwheat, gluten-free, made frm packet mix	77	22	102
Scones, plain (packet mix)	25	9	92
Coca-cola, soft drink/soda	250ml	26	63
Smoothie, raspberry	250ml	41	33
Cranberry juice cocktail	250ml	36	68
White flour	30	14	70
Lebanese bread, white	30	16	75
Middle Eastern flatbread	30	16	97
Wheat flour flatbread	30	16	66
Amaranth: wheat composite flour flatbread	30	15	76
Corn Flakes (Kellogg's)	30	26	92
Cream of Wheat	250	26	66
Amaranth popped, with milk	30	22	97
Long grain, parboiled, 20 min cooking time	150	37	75
Jasmine rice	150	42	109
Banana, ripe (all yellow)	120	25	51
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