

GlucoseGoddess® Food Classification Master List

<i>Mostly Starch</i> Contains glucose	<i>Mostly Sugar</i> Contains glucose	<i>Mostly Fiber</i> Very little glucose, keeps you STEADY	<i>Mostly Protein</i> Very little glucose, keeps you STEADY	<i>Mostly Fat</i> Very little glucose, keeps you STEADY
Bagels	Agave syrup	Artichoke	Almonds	Avocado
Barley	Brownies	Asparagus	Brazil nuts	Butter
Biscuits	Breakfast cereal	Aubergine	Cashews	Coconut milk
Bread - any kind	Cake	Broccoli	Cheese - any kind	Ghee
Breadsticks	Candy	Brussel sprouts	Eggs	Olive oil
Buckwheat	Canned fruit	Cabbage	Fish - any kind	Pesto
Cassava	Caramel	Carrots	Greek yogurt and plain yogurts	<i>Any other oil</i>
Celeriac	Cereal bars	Cauliflower	Ham	
Cereals	Cookies	Collard greens	Hazelnuts	
Chips	Corn syrup	Courgette	Macadamia	
Corn	Crepes	Garlic	Meat	
Corn starch	Cupcakes	Green beans	Nuts - any kind	
Crackers	Custard	Kale	Nut butter - unsweetened	
Flour	Dates	Kale chips	Nut milk - unsweetened	
Grains - any kind	Donuts	Kimchi	Peanuts	
Granola	Dried fruit	Lettuce	Protein powder	
Millet	Dulce de leche	Mushrooms	Seafood	
Oat milk	Regular fizzy drinks	Olive	Tempeh	
Oatmeal	Frosting	Onions	Tofu	
Oats	Whole fruit - any kind	Parsnips	<i>Any other animal product</i>	
Pasta	Fruit juices - any kind	Peppers		
Pine nuts	Golden syrup	Pickles		
Pita bread	Honey	Radishes		
Polenta	Ice cream	Rocket		
Popcorn	Maple syrup	Spinach		
Potatoes	Milks - sweetened	Spring onions		
Pretzels	Milkshakes	Swiss chard		
Quinoa	Pastries	Tomatoes		
Rice	Pies	<i>Any other vegetable</i>		
Rice cakes	Puddings	<i>Fiber and Protein</i> Very little glucose, keeps you STEADY		
Tortilla	Raisins			
Turnips	Table sugar - any kind	Black beans		
Sorghum	Sorghum syrup	Chickpeas <i>and other peas</i>		
Squash	Toffee	Kidney beans		
Sweet potatoes	Waffles	Lentils		
Wheat	Yogurts - sweetened	Soybeans		
Yams	Muffins	<i>Any other type of beans</i>		