

# FREE FOODS

# is carbohydrates in a 3.5 ounce portion

## VEGETABLES:

Alfalfa seeds, sprouted 1.28  
Arugula 2.05  
Asparagus, cooked 2.63  
Bamboo shoots, cooked 0.92  
Beans, green, cooked 4.69  
Beans, snap, green, cooked 4.68  
Beet greens, cooked 2.56  
Broccoli, cooked 2.16  
Cabbage, cooked 2.16  
Cauliflower, cooked 1.41  
Celeriac (celery root), cooked 4.7  
Celery 1.95  
Chard, swiss, cooked 2.04  
Collards, cooked 2.1  
Cucumber 1.8  
Dandelion greens, cooked 3.5  
Eggplant, cooked 4.14  
Endive 0.25  
Fennel, bulb 4.19  
Hearts of palm, canned 2.22  
Jicama 3.92  
Kale, cooked 3.63  
Lettuce, butterhead 1.32  
Lettuce, cos or romaine 0.67  
Lettuce, iceberg 0.69  
Mustard greens, cooked 0.1  
Mushrooms 2.94-3.57 (except shitake)  
Nopales, cooked 1.27  
Olives, canned ripe 3.06  
Okra, cooked 4.71  
Olives, canned ripe 3.06  
Parsley 3.03  
Peppers, serano 3.00  
Peppers, jalapeno 3.11  
Peppers, sweet green 4.63  
Peppers, sweet red 4.43  
Pumpkin, cooked 3.80  
Purslane 3.43  
Radicchio 3.58  
Radishes 1.99  
Rhubarb 2.74  
Sauerkraut 1.78  
Scallions (green onions) 4.74  
Spinach, cooked 1.35  
Squash, summer, cooked 2.91  
Squash, zucchini, cooked 2.53

\*Based on the works of Dr. Mendosa's Glycemic Index.

Tomatillos 3.93  
Tomatoes 3.54  
Tomato juice 3.83  
Turnips, cooked 2.9  
Turnip greens, cooked 0.86  
Watercress 0.79

## FRUIT:

Avocados 2.39  
Chayote (christophene) 2.20  
Raspberries 4.77  
Strawberries 4.72

## NUTS:

Macademia Nuts 4.83  
Pecans 4.26

## MEAT AND FISH:

All meat and fin fish 0.00  
Caviar 4.00  
Crab 0.95  
Lobster 1.28  
Shrimp 0.00

## EGGS AND DAIRY: (only if you are OK'd for dairy) RAW DAIRY IS PREFERRED TO PASTEURIZED

Butter 0.06  
Buttermilk, lowfat 4.79  
Cheese, cheddar 1.28  
Cheese, Edam 1.43  
Cheese, Gouda 2.22  
Cheese, Swiss 3.38  
Cream cheese, 2.66  
Cottage cheese, 2% milkfat 3.63  
Eggs 1.22  
Half and Half 4.30  
Heavy Cream 2.79  
Goat milk 4.45  
Milk, 1% milkfat, added solids 4.97  
Milk, 3.25% milkfat 4.66  
Ricotta cheese, whole milk 3.04  
Yogurt, plain, whole milk 4.66

## BEVERAGES:

Water 0.00