

## **MAKE YOUR MEALS LOW GI WITH SIMPLE CHANGES**

<b>INSTEAD OF</b>	<b>CHOOSE</b>
<b>Breakfast</b>	
White toast with fruit spread, coffee with cream and sugar	Whole grain toast with peanut butter and fruit, coffee with low fat milk
	Whole grain toast with an Omega-3 egg
Cold cereal with 2% milk	Porridge made with large flake oats, low fat milk and fruit
	Whole grain cold cereal (high in fiber), low fat milk and berries
Sugar-sweetened yogurt	Mix ½ and ½ plain low fat yogurt with low fat sugar-sweetened yogurt and add fruit
	Add some low fat cottage cheese to the above yogurt and fruit mixture
<b>Lunch</b>	
Sandwich with white bread, mayonnaise, cheese, and meat	Sandwich with whole grain bread, avocado, low fat cheese, low fat chicken and veggies
	Whole grain pita stuffed with veggies and hummus
	Whole grain pita stuffed with tuna, plain yogurt, spices and veggies
Salad with lettuce, cheddar cheese, breaded chicken, ranch dressing	Salad with grilled chicken, veggies, avocado, and low fat vinaigrette
	Salad with lettuce, veggies, feta cheese, raisins, sprinkle of nuts, and tossed with balsamic vinegar
<b>Dinner</b>	
Pasta with cream sauce, mushrooms, parmesan cheese, garlic bread	Whole grain pasta with marinara sauce, mushrooms, peppers, broccoli, grilled chicken, parmesan cheese, whole grain, rye or pumpernickel bread
Stir fry with beef and snow peas cooked in oil, served with jasmine rice	Stir fry with chicken, snow peas and veggies lightly steamed in water with 2 tsp. peanut oil, served with brown rice, basmati rice or whole grain noodles
Cream of mushroom soup, cheese toast	Minestrone or vegetable barley soup with a thin shaving of fresh parmesan cheese, sourdough, rye or pumpernickel bread