

NUTRITIONAL FACTS

CALCIUM RICH FOODS

Almonds

Soybeans

Beet greens

Black beans

Bluefish

Brazil nuts

Broccoli

Brown rice

Canned salmon

Chinese cabbage

Collard greens

Cottage cheese

Dandelion greens

Eggs

Garbanzo beans

Ground beef

Halibut

Chicken

Hazelnuts

Kale

Kelp

Brick cheese

Mackerel

Mustard greens

Parsley

Turnip greens

Pinto beans

Sardines

Sesame seeds

Spinach

Sunflower seeds

Tofu

Walnuts

Okra

Watercress

White beans

Yogurt

Milk

ACID PRODUCING FOODS

Fruits

Cranberry
Blueberry
Dried fruit

Vegetables

Corn

Nuts and Grains

Oats
Barley
Rice
Wheat
Peanuts
Walnuts
Processed soybeans

Meats and Dairy

Beef
Veal
Turkey
Chicken
Ham
Haddock
Milk
Cheese
Butter
Ice cream

Drinks

Coffee
Beer
Black tea
Soft drinks

Other

Sugar
Chocolate
Honey
Aspirin
White vinegar

LOW GLYCEMIC-INDEX

FOODS

All Bran Cereal

Apples

Apricots

Barley

Black beans

Blackberries

Black-eyed peas

Brown beans

Butter beans

Celery

Cherries

Chickpeas

Corn hominy

Grapefruit

Grapes

Green beans

Kidney beans

Lentils

Lima beans

Mushrooms

Navy beans

Oranges

Peaches

Pears

Peppers

Pinto beans

Plums

Raspberries

Rice Bran

Rye Rice

Soybeans

Strawberries

Tomatoes

Whole wheat spaghetti

MODERATE

GLYCEMIC-INDEX FOODS

Baked beans

Banana

Buck wheat

Canned fruit cocktail

Chocolate

Corn

Durum spaghetti

Green peas

Kiwifruit

Linguine

Macaroni

Mango

Orange juice

Potato chips

Rice vermicelli

Romano beans

Sweet corn

Sweet potatoes

Yams

Adapted from the American Journal of Clinical
Nutrition 62 (1995):871-935

HIGH **GLYCEMIC-INDEX FOODS**

Bagels
Brown rice pasta
Candy
Carrots
Cocoa Puffs Cereal
Corn Chex Cereal
Corn Chips
Corn Flakes Cereal
Cream of Wheat
Croissants
Donuts
Dried Fruit
English muffins
French baguette
French fries
Graham crackers
Grape Nuts Cereal
Hamburger bun
Honey
Kaiser rolls
Macaroni & Cheese, Boxed
Muesli Cereal
Pineapple
Popcorn
Popcorn
Puffed Wheat Cereal
Pumpkin
Raisins
Rice
Rice cakes
Rice Krispies Cereal
Rye flour
Semolina
Shortbread
Shredded Wheat Cereal
Soft Drinks
Tofu frozen desert
Vanilla wafers
Waffles
Watermelon
White potatoes

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HIGH FIBER FOODS

Apples

Avocados

Barley

Bean Soups

Blackberries

Bosenberries

Broccoli

Brown rice

Brussels sprouts

Cabbage

Carrots

Cauliflower

Coconuts

Collards

Cucumbers

Dates

Dried apricots

Dried figs

Dried pears

Grapes

Kale

Legumes

Lima beans

Millet

Nuts

Oatmeal

Olives

Oranges

Peaches

Pears

Peas

Popcorn

Prunes

Radishes

Raisins

Raspberries

Rye

Soy products

Spinach

Strawberries

Sunflower seeds

Turnip greens

Winter squash

FOODS THAT INCREASE YOUR ESTROGEN LEVEL

Vegetables

Artichokes
Asparagus
Bamboo shoots
Beet
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chive
Corn
Cucumber
Eggplant
Garlic
Green beans
Lettuce
Mustard Greens
Okra
Onion
Parsley
Pea seedling
Peppers
Potatoes
Pumpkin
Radish
Seaweed
Shallot
Spinach
Tomato
Turnip
Yam

Fruits

Apple
Apricot
Banana
Cherry
Date
Grape
Grapefruit
Lemon
Orange
Peach
Pear
Pineapple
Plum
Strawberry
Watermelon

Seeds & Nuts

Almond
Cashews
Coconut
Pecan
Pine Nuts
Pistachio
Sesame seeds
Sunflower seeds
Walnuts

Legumes

Chickpea

Kidney

Pea

Peanut

Soybeans

Cereals & Grains

Barley

Corn

Rice

Rye

Wheat

Oils

Coconut

Corn

Flaxseed

Olive

Peanut

Rice Bran

Safflower

Sesame seed

Soybean

Sunflower

Walnut









