



**73 Best Low
Glycemic
Indian Foods**

***That You Need To Add In Your
Weight Loss Diet Plan***

5 Low Glycemic Grains

Grains	GI value
Indian Basmati Rice	below 55
Black Rice	42
Oats	45 to 55
Buckwheat (Kuttu)	45 to 51
Quinoa	53

7 Low Glycemic Legumes

Legumes	GI value
Black-eyed peas (Chawli)	42
Chickpeas	28
Black Chickpeas (Desi Chana)	28
Mung Beans	39
Kidney beans (Rajma)	28
Black Gram Beans (Whole Urad)	43
Red Lentils (Whole Masoor)	32-37

13 Low Glycemic Fruits

Fruit	GI
Apple	38
Banana	52
Blueberries	53
Dates	39
Mango	51
Orange	42
Peach	42
Pear	38
Plum	39
Strawberries	40
Guava	12
Cherries	20
Gooseberry	15

31 Low glycemic Indian vegetables

Green Leafy Vegetables	Other Vegetables
Amaranth Leaves (chaulai)	Bitter Gourd (Karela)
Basella Leaves (Malabar spinach)	Bottle Gourd (Lauki, Doodhi)
Bathua Leaves	Capsicum (Green, Red, Yellow)
Beet Greens	Cauliflower
Brussels Sprouts	Celery Stalk
Cabbage	Cucumber
Drumstick Leaves	Drumstick
Fenugreek (Methi)	French Beans
Lettuce	Raw Jack Fruit (Katahal)
Mustard Leaves	Ivy Gourd (Kovai)
Parsley leaves (Dhaniya)	Tomato
Spinach	Tinda
Radish Leaves	Okra (Bhindi)
Raw Papaya	Parwal (parwar)
Ridge Gourd (Turai)	Pumpkin
Zucchini	Radish

6 Low GI Dairy Products

Dairy Product	GI value
Milk	27
Paneer	*
Curd	*
Buttermilk	*
Cheese	*
Mozzarella cheese	*

11 Low Glycemic Nuts And Seeds

Nuts And Seeds	GI value
Almonds	*
Coconut	*
Cashew nuts	22
Peanuts	23
Pistachio nuts	*
Walnuts	*
Sesame Seeds	*
Chia Seeds	*
Flaxseeds	*
Pumpkin seeds	*
Sunflower seeds	*