



Additional Foods – Canada

These foods are additional to those listed in GI Diet books published before 2007. Complete food listings can be found in every book in the G.I. Diet series.

	• Red Light •	• Yellow Light •	• Green Light •
Beans		• Chilli	• Cannellini • Kidney • Lentils • Lima • Refried (low fat)
Beverages	• Coconut milk • Rice milk	• Coconut milk (low fat)	
Breads			• Pita (high fiber) • Whole-grain • High fiber breads (min. 3 g fiber/slice) • Kashi Go Lean Crunch* • Red River* • All cereals with min. 10 g fiber or protein/serving
Cereal grains	• Amaranth • Almond Flour • Rice noodles • White flour	• Cornstarch • Couscous (whole-wheat) • Spelt	• Arrowroot flower • Karen (week/oh) • Kamut • Kasha (not puffed) • Wheat germ • Whole wheat flour
Condiments / Seasonings	• BBQ sauce • Croutons • Honey mustard • Ketchup • Relish • Steak sauce	• Mayonnaise (light)	• Chilli Powder

*signifies change in color category

**modest amount okay for baking

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	• Red Light •	• Yellow Light •	• Green Light •
Dairy	<ul style="list-style-type: none"> • Coconut milk 		<ul style="list-style-type: none"> • Buttermilk (skim/1%) • Ice cream 1/2 cup (low fat, no sugar added) • Frozen yogurt 1/2 cup (low fat, low sugar)
Fats and Oils		<ul style="list-style-type: none"> • 100% nut butter • 100% peanut butter • Soy oil 	<ul style="list-style-type: none"> • Cream cheese (fat free) • Extra low fat cheese (e.g. Laughing Cow Light / Boursin Light) • Sour cream (fat free)
Fruits (fresh / frozen)	<ul style="list-style-type: none"> • Kumquats 		<ul style="list-style-type: none"> • Avocado (1/4) • Nectarines
Fruits (canned / dried)	<ul style="list-style-type: none"> • Prunes 	<ul style="list-style-type: none"> • Dried apricots** • Dried cranberries** 	
Meat, Poultry, Fish, Eggs, Meat Substitutes		<ul style="list-style-type: none"> • Fish (canned in oil)* • Whole regular eggs (preferably omega-3)* 	<ul style="list-style-type: none"> • Moose • Soy/whey protein powder • Venison
Pasta	<ul style="list-style-type: none"> • Rice noodles* 	<ul style="list-style-type: none"> • Basil pesto • Sun-dried tomato pesto 	
Snacks	<ul style="list-style-type: none"> • Melba toast • Rice crackers 	<ul style="list-style-type: none"> • Popcorn (light microwavable) 	<ul style="list-style-type: none"> • Most fresh or frozen fruit • Most fresh or frozen vegetables • Most seeds
Spreads/ preserves	<ul style="list-style-type: none"> • All products where sugar listed as the first ingredient 		<ul style="list-style-type: none"> • All products with fruit, not sugar, listed as first ingredient
Sugar / Sweeteners	<ul style="list-style-type: none"> • Agave nectar • Corn syrup • Splenda Brown 	<ul style="list-style-type: none"> • Sugar alcohols 	<ul style="list-style-type: none"> • Stevia - now FDA approved
Vegetables	<ul style="list-style-type: none"> • Coleslaw (commercial) 		<ul style="list-style-type: none"> • Hearts of palm • Fennel clinic • Leeks

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