



Additional Foods – USA

These foods are additional to 'the GI Diet'. Many of these foods have been included in 'Living The G.I. Diet' which is available online and in stores.

	• Red Light •	• Yellow Light •	• Green Light •
Breads		Crisp breads with fiber (2 pieces/serving)	Whole grain (2.5 to 3g fibre / slice) Crispbreads high fibre e.g. Wasa (2 pieces /serving)
Cereal grains	Millet Polenta Almond Flour Amaranth Couscous Rice Noodles		Gram flour Quinoa Arrowroot flour Kamut (not puffed)
Cereals		Kashi Good Friends Kashi Go Lean Crunch Shredded Wheat n'Bran	100% Bran Fiber
Beverages	Fruit juices (sweetened)	Vegetable juices (e.g. V8)	Herbal Teas Light instant chocolate drinks
Dairy	Milk (whole/2%) Goat's Milk Rice Milk Evaporated milk	Frozen Yogurt	Soy milk (low fat) Almond milk (low fat) Extra low fat cheese e.g. Laughing Cow Light / Light Boursin Soy cheese low fat Milk (skim) Soy milk (plain, low-fat); Buttermilk(skim/1%)
Fats /Oils		Soy oil	Flax oil Vinaigrette
Nuts /Seeds	Peanut Butter (regular and light)	Peanuts Pecans Walnuts 100% peanut butter 100% nut butters	Cashews Hazelnuts Pistachios Macadamia Almonds Soy nuts Most seeds

For more on the G.I. Diet, including real reader's experiences, free bonus recipes and online book purchasing information, visit www.gidiet.com

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	• Red Light •	• Yellow Light •	• Green Light •
Fruits (Fresh)	Kumquats	Papayas Custard Apple Pomegranates Figs Persimmon	Nectarines Guavas Rhubarb
Fruits (canned/frozen/dried)		Dried apricots Dried cranberries Peaches /pears (in juice)	Dried Apples
Fruit Spreads	Regular fruit spread		Fruit spreads with fruit as first listed ingredient
Legumes / Beans	Fava(broad beans)		Black beans Butter beans Haricot / Navy Italian beans Mung beans Navy/haricot beans; Pigeon beans Romano Refried (low-fat)
Meat: Beef	Short ribs Brisket Regular ground	Sirloin tip Sirloin lean ground T-bone Tenderloin Flank	Top round Eye round Extra Lean ground
Meat: Lamb	Rack	Fore shank Leg shank Center Cut Loin chop	
Meat: Pork	Blade Back ribs Spare ribs Cured Bacon strips	Top loin Center loin Fresh Ham Shank	Tenderloin Ham extra lean Canadian bacon

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Meat: Veal			Cutlet Rib roast Blade steak Shank Loin chop
Meat: Processed	Hot dogs Bologna (all meats) Pastrami beef Salami Sausages	Corned beef Dried beef	Ham (deli style) Pastrami (turkey) Turkey breast Turkey roll
Meat: Other	Organ meats Offal Pate		Rabbit meat -lean Sashimi Venison Moose
Soy / Meat substitutes		Whole Omega 3 eggs	Tofu (low fat) Veggie burger TVP (textured vegetable protein) e.g. Boca Quorn
Poultry: Chicken / Turkey	Breast with skin Thigh with skin Wing with skin Roasters/stewing light/dark with skin	Thigh without skin Roasters/stewing light/dark without skin	Breast without skin
Poultry: Other	Duck (all parts) Goose (all parts)		
Fish / Shellfish	Breaded /battered Canned in oil		All fresh, frozen and canned
Pasta	Rice noodles		Rigatoni Cellophane noodles (Mung bean noodles)
Pasta Sauces	Sauces with added meat or cheese		Light sauces e.g. Healthy Choice

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Seasoning / Condiments			Chilli Powder Extracts (vanilla etc.) Hummus Lemon / Lime juice Salsa (low sugar) Sauerkraut
Snacks	Instant puddings	Popcorn (air popped)	Green light nuts/seeds *(see Nuts / Seeds) Nutrition bars (half bar) e.g. Balance/Zone (12-15 g protein; 5 g fat per 50 g bar) Extra low-fat cheese (e.g. Laughing Cow light; Boursin light)
Sugar and Sweeteners		Sugar alcohols	Stevia (note: not FDA approved) Brown Sugar substitute (e.g. Sugar Twin)
Vegetables		Yams	Alfalfa sprouts Avocado (1/4/serving) Bokchoy Capers Kale Kohlrabi Mustard Greens Parsley Radicchio Sauerkraut Swiss Chard Fennel
Miscellaneous			Sugar free gum Sugar free hard candies

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