



Additional Foods – US

These foods are additional to those published in the original "GI Diet". Complete food listings can be found in "Living the GI Diet" and "the GI Diet Menopause Clinic".

	• Red Light •	• Yellow Light •	• Green Light •
Breads		<ul style="list-style-type: none"> • Crisp breads with fiber (2 pieces/serving) 	<ul style="list-style-type: none"> • Whole grain high-fiber breads [min. 3 g fiber/slice] Crispbreads high fiber e.g. Wasa (2 pieces /serving) • Pita [high-fiber]
Cereal grains	<ul style="list-style-type: none"> • Millet • Polenta • Almond Flour • Amaranth • Couscous • Rice Noodles 	<ul style="list-style-type: none"> • Cornstarch • Couscous (whole-wheat) • Spelt 	<ul style="list-style-type: none"> • Gram flour • Quinoa • Arrowroot flour • Kamut (not puffed) • Whole wheat flour • Brand (wheat) • Wheat germ
Cereals		<ul style="list-style-type: none"> • Kashi Good Friends • Kashi Go Lean Crunch • Shredded Wheat n'Bran 	<ul style="list-style-type: none"> • 100% Bran Fiber • Kashi Go Lean Crunch* • Cold cereals with min. 10 g fiber or protein/serving
Beverages	<ul style="list-style-type: none"> • Fruit juices (sweetened) • Coconut milk • Rice milk 	<ul style="list-style-type: none"> • Vegetable juices (e.g. V8) • Coconut milk (low fat) 	<ul style="list-style-type: none"> • Herbal Teas • Light instant chocolate drinks
Condiments / Seasonings	<ul style="list-style-type: none"> • BBQ sauce • Honey mustard • Ketchup • Relish • Steak sauce 	<ul style="list-style-type: none"> • Mayonaise (light) 	<ul style="list-style-type: none"> • Chili powder

* Indicates change in color category

** Indicates modest amount okay for baking

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	• Red Light •	• Yellow Light •	• Green Light •
Dairy	<ul style="list-style-type: none"> • Milk (whole/2%) • Goat's Milk • Rice Milk • Evaporated milk • Coconut milk 	<ul style="list-style-type: none"> • Frozen Yogurt 	<ul style="list-style-type: none"> • 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%) • Ice cream 1/2 cup (low fat/no added sugar) • Frozen yogurt 1/2 cup (low fat/low sugar)
Eggs		<ul style="list-style-type: none"> • Whole regular eggs (preferably Omega 3)* 	
Fats /Oils		<ul style="list-style-type: none"> • Soy oil 	<ul style="list-style-type: none"> • Flax oil • Vinaigrette
Nuts /Seeds	<ul style="list-style-type: none"> • Peanut Butter (regular and light) 	<ul style="list-style-type: none"> • Peanuts • Pecans • Walnuts • 100% peanut butter • 100% nut butters 	<ul style="list-style-type: none"> • Cashews • Hazelnuts • Pistachios • Macadamia • Almonds • Soy nuts • Most seeds
Fruits (fresh / frozen)	<ul style="list-style-type: none"> • Kumquats 	<ul style="list-style-type: none"> • Papayas • Custard Apple • Pomegranates • Figs • Persimmon 	<ul style="list-style-type: none"> • Nectarines • Guavas • Rhubarb • Avocado (1/4)
Fruits (canned / dried)	<ul style="list-style-type: none"> • Prunes 	<ul style="list-style-type: none"> • Dried apricots** • Dried cranberries** • Peaches /pears (in juice) 	<ul style="list-style-type: none"> • Dried Apples
Fruit Spreads	<ul style="list-style-type: none"> • Regular fruit spread 		<ul style="list-style-type: none"> • Fruit spreads with fruit as first listed ingredient

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Legumes / Beans	<ul style="list-style-type: none"> • Fava(broad beans) 		<ul style="list-style-type: none"> • Black beans • Butter beans • Haricot / Navy • Italian beans • Mung beans • Navy/haricot beans; • Pigeon beans • Romano • Refried (low-fat) • Cannellini • Kidney • Lentils • Lima
Meat: Beef	<ul style="list-style-type: none"> • Short ribs • Brisket • Regular ground 	<ul style="list-style-type: none"> • Sirloin tip • Sirloin • lean ground • T-bone • Tenderloin • Flank 	<ul style="list-style-type: none"> • Top round • Eye round • Extra Lean ground
Meat: Lamb	<ul style="list-style-type: none"> • Rack 	<ul style="list-style-type: none"> • Fore shank • Leg shank • Center Cut • Loin chop 	
Meat: Pork	<ul style="list-style-type: none"> • Blade • Back ribs • Spare ribs • Cured • Bacon strips 	<ul style="list-style-type: none"> • Top loin • Center loin • Fresh Ham • Shank 	<ul style="list-style-type: none"> • Tenderloin • Ham extra lean • Canadian bacon
Meat: Veal			<ul style="list-style-type: none"> • Cutlet • Rib roast • Blade steak • Shank • Loin chop
Meat: Processed	<ul style="list-style-type: none"> • Hot dogs • Bologna (all meats) • Pastrami beef • Salami • Sausages 	<ul style="list-style-type: none"> • Corned beef • Dried beef 	<ul style="list-style-type: none"> • Ham (deli style) • Pastrami (turkey) • Turkey breast • Turkey roll

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Meat: Other	<ul style="list-style-type: none"> • Organ meats • Offal • Pate 		<ul style="list-style-type: none"> • Rabbit meat -lean • Sashimi • Venison • Moose •
Soy / Meat substitutes		<ul style="list-style-type: none"> • Whole Omega 3 eggs 	<ul style="list-style-type: none"> • Tofu (low fat) • Veggie burger • TVP (textured vegetable protein) e.g. Boca • Quorn
Poultry: Chicken / Turkey	<ul style="list-style-type: none"> • Breast with skin • Thigh with skin • Wing with skin • Roasters/stewing light/dark with skin 	<ul style="list-style-type: none"> • Thigh without skin • Roasters/stewing light/dark without skin 	<ul style="list-style-type: none"> • Breast without skin
Poultry: Other	<ul style="list-style-type: none"> • Duck (all parts) • Goose (all parts) 		
Fish / Shellfish	<ul style="list-style-type: none"> • Breaded /battered 	<ul style="list-style-type: none"> • Canned in oil* 	<ul style="list-style-type: none"> • All fresh, frozen and canned
Pasta	<ul style="list-style-type: none"> • Rice noodles 		<ul style="list-style-type: none"> • Rigatoni • Cellophane noodles (Mung bean noodles)
Pasta Sauces	<ul style="list-style-type: none"> • Sauces with added meat or cheese 		<ul style="list-style-type: none"> • Light sauces e.g. Healthy Choice
Seasoning / Condiments			<ul style="list-style-type: none"> • Chilli Powder • Extracts (vanilla etc.) • Hummus • Lemon / Lime juice • Salsa (low sugar) • Sauerkraut
Snacks	<ul style="list-style-type: none"> • Instant puddings • Melba toast • Rice crackers 	<ul style="list-style-type: none"> • Popcorn (air popped) • Popcorn (microwavable, light) 	<ul style="list-style-type: none"> • Green light nuts/seeds (see Nuts / Seeds) • High protein bars (1/2 bar) min. 12-15 g protein/ 50 g bar • Extra low-fat cheese (e.g. Laughing Cow light; Boursin light)
Sugar and Sweeteners	<ul style="list-style-type: none"> • Splenda Brown • Corn syrup • Agave nectar 	<ul style="list-style-type: none"> • Sugar alcohols 	<ul style="list-style-type: none"> • Stevia • Brown Sugar substitute (e.g. Sugar Twin)

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Vegetables	<ul style="list-style-type: none"> • Coleslaw (commercial) 	<ul style="list-style-type: none"> • Yams 	<ul style="list-style-type: none"> • Alfalfa sprouts • Avocado (1/4/serving) • Bokchoy • Capers • Kale • Kohlrabi • Mustard Greens • Parsley • Radicchio • Sauerkraut • Swiss Chard • Fennel
Miscellaneous			<ul style="list-style-type: none"> • Sugar free gum • Sugar free hard candies

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