



Additional Foods – UK

These foods are additional to 'The GI Diet'. Some of these foods have been included in 'Living the GI Diet'.

	• Red Light •	• Yellow Light •	• Green Light •
Legumes / Beans			<ul style="list-style-type: none"> • Refried beans (low-fat) • Cannellini Beans
Breads			<ul style="list-style-type: none"> • Pita (high fibre) • Whole-grain high-fibre bread (min. 3 g fibre/slice)
Beverages	<ul style="list-style-type: none"> • Rice Milk • Coconut Milk 	<ul style="list-style-type: none"> • V8 • Coconut Milk (low fat) 	
Cereals			<ul style="list-style-type: none"> • Kashi Go Lean Crunch • Kashi Go Lean • Cold cereals with min. 10g fibre or protein/serving
Cereal grains	<ul style="list-style-type: none"> • Almond Flour • Rice Noodles • Amaranth 	<ul style="list-style-type: none"> • Cornstarch • Couscous (whole-grain) • Spelt 	<ul style="list-style-type: none"> • Celeriac • Bran (wheat/oat) • Gram flour • Kamut • Kasha (not puffed) • Wheat germ • Whole-grain flour
Condiments / Seasonings	<ul style="list-style-type: none"> • BBQ sauce • Honey mustard • Steak sauces 		
Dairy	<ul style="list-style-type: none"> • Coconut milk 		<ul style="list-style-type: none"> • Buttermilk (skim/low-fat) •

* limit quantity

** indicates change in colour category

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	• Red Light •	• Yellow Light •	• Green Light •
Eggs		• Whole regular eggs** (preferably Omega 3)	
Fats and Oils		• 100% nut butters • 100% peanut butter	• Rapeseed oil*
Fruits	• Kumquats	• Persimmon • Pomegranates	• Avocado (1/4/serving)
Meats: Beef		• Flank steak	
Pasta	• Rice Noodles		
Snacks	• Coconut • Melba toast • Rice crackers	• Popcorn (microwavable light)	• Most Nuts* • Most Seeds* • Most fresh/frozen fruits • Most fresh/frozen vegetables
Spreads/ preserves	• Products with sugar listed as first ingredient		• Products with fruit listed as first ingredient • Marmite* • Vegemite* • Splenda (our preferred choice)
Sugar / Sweeteners	• Agave nectar • Corn syrup	• Sugar alcohols	
Vegetables	• Coleslaw (commercial)		• Artichokes • Fennel • Hearts of Palm • Kidney beans • Leeks

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