

RED - high gi DANGEROUS	YELLOW - med OCCASIONAL treat	GREEN - low gi EAT FREELY
Broad Beans	Kidney beans (canned)	Baked beans *
Baked Beans	Lentils (canned)	Kidney beans *
Alcoholic drinks	Red wine	Lentils *
Soft drinks		Beans sprouts
Bagels	Wholewheat Pitta	Split peas *
Baguettes	Rye (whole grain)	Scotch broth *
Cruissants	Sourdough bread	Stone-ground bread *
Cakes/Biscuits	Whole grain breads	Homemade Muesli *
Corn Bread		Pumpernickel bread *
Hamburger Buns		
Hot dog buns	Table sugar	
Hash Browns	Honey	Porridge *
Melba Toast		Barley *
Muffins		Buckwheat *
Waffles		Bulgur *
Pancakes		Rice (brown/wild) *
Tortillas	Shredded wheat	Almonds
White Bread		Walnuts
Cereals		Hazelnuts
Muesli (Commercial)	Ice cream	Macadamia nuts
Rice (short grain, white)	Apricots	Brazil nuts
Rice cakes	Peaches	Flax seeds
Cantaloupe	Bananas	Sesame seeds
Dates	Kiwi	Sunflower seeds
Honeydew melon	Mangoes	Pumpkin seeds
Prunes	Papaya	Apples *
Watermelon	Pineapple	Pears *
Fruit (canned)	Raisins	Straw/Raspberries
Fruit (dried)	Grapefruit juice	Black/Blueberries
Fruit drinks	Grapes	Black/Redcurrants
Fruit juices		Redcurrants
Crackers	Pastas (canned)	Bilberries/Cherries
Biscuits	Peanuts	Pastas *
Doughnuts	Dark chocolate	Green leafy veg
Popcorn	Artichokes	Avocado, Peppers
Crisps	Beetroot	Onions *, Leeks *
French fries	Pumpkin	Celery, Cauli
Pretzels	Squash	Peas, radishes
Glucose	Sweet Potatoes	Cucumbers/courgette
Treacle	New potatoes	Raw carrot
Parsnips	Cooked carrots	Tomatoes
Potatoes	ALL YELLOW ZONE =	Green beans
Swede	LIMIT PORTION SIZE	Mushrooms
Turnip		Asparagus
Sweetcorn		* LIMIT PORTION SIZE