

G.I. Diet Shopping List

PANTRY

baking/cooking

- Baking powder/soda
- Cocoa (70%)*
- Dried apricots*
- Sliced almonds
- Wheat/oat bran
- Whole wheat flour

beans (canned)

- Baked beans (low-fat)
- Mixed salad beans
- Most varieties
- Vegetarian chili

bread

- Whole-grain, high-fiber (3g fiber per slice)

cereals

- All-Bran

- Bran Buds
- Fiber One
- Kashi GoLean
- Oatmeal (large-flake, rolled, or steel-cut)
- Soy protein powder

drinks

- Bottled water
- Club soda
- Decaffeinated coffee/tea
- Diet decaffeinated soft drinks

fats/oils

- Canola oil
- Mayonnaise (fat-free)
- Olive oil
- Salad dressings (low-fat, low sugar)
- Soft margarine (nonhydrogenated, light)
- Vegetable oil spray

fruit

(canned/bottled)

- Applesauce (unsweetened)
- Mandarin oranges
- Peaches in juice
- Pears in juice

pasta (whole wheat or protein-enriched)

- Capellini
- Fettuccine
- Macaroni
- Penne
- Spaghetti
- Vermicelli

pasta sauces (vegetable-based only, light)

- Classico
- Colavita
- Healthy Choice

*Use sparingly during Phase I.

rice

- Basmati
- Brown
- Long-grain
- Wild

seasonings

- Flavored vinegars/sauces

- Spices/herbs

snacks

- High-protein bars (e.g., Balance)

soups

- Healthy Request

sweeteners

- Splenda, Stevia, Sugar Twin, Sweet'N Low (and other nonsugar sweeteners)

**FRIDGE/
FREEZER****dairy**

- Buttermilk
- Cottage cheese (1% or fat-free)
- Flavored yogurt (fat-free with sweetener)
- Frozen yogurt (nonfat)
- Ice cream (low-fat and no added sugar)
- Milk (skim)
- Sour cream (1% or fat-free)

fruit (fresh/frozen)

- Apples
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Grapes
- Lemons
- Limes
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries

**meat/poultry/
seafood/eggs**

- Chicken breast (skinless)

- Egg Beaters
- Egg whites
- Ground beef (extra lean)
- Ham/turkey/chicken (lean deli)
- Liquid eggs
- Seafood, fresh or frozen (no batter or breading), or canned (in water)
- Turkey breast (skinless)
- Veal

vegetables

- Asparagus
- Beans (green/wax)
- Bell and hot peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Leeks
- Lettuce
- Mushrooms
- Olives
- Onions
- Pickles
- Potatoes (small, preferably new)
- Snow peas
- Spinach
- Tomatoes
- Zucchini

