

# THE RED LIST

These foods are high in starch, and are highly processed, and must be avoid at all times if you want to maintain a healthy HbA1c

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## BAKED FOODS

All flours from grains

- (*wheat flour, cornflour, white flour, bread flour, rye flour, barley flour, pea flour, rice flour etc*)

All forms of bread made with flour from grain  
All cereal, traditional porridge, museli, traditional granola  
All battered and breaded foods  
Buckwheat  
Corn products (pop corn, polenta, corn thins)  
Rice Cakes, Provitas, Crackers, Biscuits  
Millet  
Traditiona Pasta made with all flours (listed above)

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## DAIRY & DAIRY RELATED

Cheese Spreads  
Sandwich Spreads  
Coffee Creamers  
Condensed Milk  
Evaporated Milk  
Anything Fat Free  
Desserts / Ice Cream (with sugar)  
Rice Milk  
Soya Milk  
Oat Milk

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## FAT

All seed and vegetable oils  
Margarine  
Butter / Margarine spreads  
Plant Margarine & Plant Butter  
Commercial Salad dressings and marinades

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## MEAT

All Soya Meats  
Vienna Sausages  
Frankfurters  
Polony  
Processed meat burgers

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## FRUIT & VEGETABLES

All commercial fruit juices  
All commercial vegetable juices  
All dried fruit  
Amadume (very high starch content)

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## SWEETENERS

Anything Algave  
Aspartane, Acesulfame K, Sacchrin, Sucralose, Splenda, Canderel)  
White Sugar, Brown Sugar  
Syrups  
Honey (other than RAW Honey on the Orange List)

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## MEAL REPLACEMENTS & SHAKES & DIET SUPPLEMENTS

All diet pills  
Diet teas  
All shakes & meal replacement drinks

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## DRINKS

Energy Drinks  
Ciders  
Diet Drinks  
Beer  
Sodas  
Slimming Teas  
Cordials, Juice Mixers

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## GENERAL

All fast food  
All processed food  
Any food with added sugar such as glucose, dextrose, etc

NEVER Eat these foods