



Paleolithic (Paleo) Diet

AKA Primal, Whole-Food or Ancestral Diet

Grain Free; Legume Free; Refined Sugar Free; Pasteurized Dairy Free

This list is to be used as a guideline only and is not an all-inclusive representation of the Paleo Diet.

	Yes	No
Grains	None (Grain Free Diet)	All grains, gluten-containing or not, including wheat, quinoa, corn, oats, rice and barley
Beans and Legumes	None	While a good source of protein, beans and legumes are also very high in carbohydrates
Nuts and Seeds	Almonds, Brazil Nuts, Chestnuts, Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts	Pistachios are considered a FODMAP food (hard to digest carbohydrates) and may be irritating to those with digestion issues
Oils and Butters	Avocado Oil, Bacon Fat/Lard, Butter, Coconut Milk, Coconut Oil, Duck Fat, Ghee, Macadamia Oil, Olive Oil, Palm Oil, Schmaltz, Sesame Oil, Suet, Tallow, Walnut Oil	Margarine/Buttery spread, Canola Oil, Corn Oil, Vegetable Oil, Soybean Oil, Grapeseed Oil, Sunflower Oil, Safflower Oil, Shortening made from any of the above oils
Herbs, spices and salt	Fresh or dried herbs and spices, without any additives	Cayenne Pepper, Chili Pepper, Chipotle Powder and Paprika are considered Nightshades and may be irritating to those suffering from joint pain & inflammation
Sweeteners	Monkfruit Sweeteners, Stevia (Green-leaf or extract) Brown Sugar, Whole dates, real fruit juices, Honey, Maple Syrup, Blackstrap Molasses, Coconut Sugar, Date Sugar, Palm Sugar, Cane Sugar	Aspartame, Saccharin, Sucralose, Agave, Corn Syrup, Dextrose, Fructose, Glucose, High Fructose Corn Syrup, Light Brown Sugar, Maltitol, Maltodextrin, Xylitol, Sugar Alcohols, Sorbitol
Beverages	Almond Milk, Coconut Milk, Coconut Water, Herbal Tea, Mineral Water, Water, Green Tea, White Tea, Organic Coffee	Beverages with processed sugars or additives Fluid dairy milks Rice and soy milks
Condiments	Vinegars, Gluten free mustards and hot sauces, Capers, Olives, Pickles, Tahini, Tomato Sauces and Pastes (without added sugar), Sun Dried Tomatoes, Coconut Aminos, Fish Sauce	Ketchup with added sugar, soy sauce and other seasonings that may include starches, sugars or grains/gluten
Super Foods	Butter, Ghee, Organ Meats, Sea Vegetables (Kelp, Seaweed), Bone Broths, Fermented Foods	
Meats & Fish	Anchovy Paste, Tuna, Salmon, Mackerel, Herring, Sardines, Oysters - Canned in Water or Oil, Wild or Wild-Caught is best	