

# WHOLE-FOODS PALEO DIET FOOD LIST

A paleo-style diet essentially consists of pre-agricultural whole foods: non-dairy animal foods, vegetables, fruits, nuts, seeds, herbs/spices. It eliminates grains, legumes, dairy products and all modern processed foods.

## PROTEIN

You may have eggs and any types of meat, poultry, seafood you like:

- **Red meat**
- **Pork**
- **Poultry**
- **Fish and shellfish**
- **Eggs**
- **Organ meats**

It is ideal to minimize processed meats like cold cuts, jerky, bacon, etc., because they are not as nutritious as unprocessed meats and contain high levels of histamines and other potentially problematic proteins that are produced during processing and continue to accumulate over time. Avoid processed meat products that contain sugar, soy, wheat or dairy.

## FAT

- **Animal fats:** All non-dairy animal fats are allowed: duck fat, tallow, lard, schmaltz, etc.
- **Plant fats:** olive oil, avocado oil, coconut oil, palm fruit oil, palm kernel oil, and cold-pressed nut oils (macadamia is a particularly good choice because it is low in omega-6 fatty acids).

Avoid "vegetable" (seed) oils as much as possible (soybean, sunflower, etc.). These oils are unnaturally high in omega-6 fatty acids which promote inflammation in the brain. Vegetable oils are used in nearly all packaged processed foods, hot bar prepared foods, fried foods, salad dressings, prepared soups, sauces, chips, baked goods, etc., so they are difficult to avoid. Do your best when you're out and about, but do not use them at home.

## VEGETABLES

- **All vegetables** are allowed.
- Limit processed vegetable products such as vegetable chips to those that use the recommended oils listed above.
- Avoid vegetable juices (tomato, carrot, etc.) and smoothies.
- Avoid refined vegetable starches such as potato starch, tapioca starch, etc.

## FRUIT

- All fresh, frozen, dried, **unsweetened fruits** are allowed, but whenever possible, choose fresh/frozen fruits over dried fruit (avoid sweetened dried fruits such as cranberries and blueberries).
- No fruit juices (except lemon/lime) or smoothies

## NUTS AND SEEDS

**Nuts** and **seeds** can be included as tolerated.

## SWEETENERS

No *added* sweeteners (natural sugars and starches in whole fruits and vegetables are fine)

## BEVERAGES

- **Coffee, tea** (unsweetened, no dairy). You can use unsweetened coconut or nut milks to lighten coffee/tea, but avoid milks made from grains/legumes (soy, oat, etc.) and choose brands free of vegetable oils.
- Drink unsweetened **seltzer** or **water** (flavored with natural fruit essences if you like)

## SPICES AND SEASONINGS

- All-natural **spices, herbs** and **seasonings** are fine.
- Do your best to avoid processed food seasonings such as yeast extract, MSG, artificial flavorings and colorings, etc.

## CONDIMENTS

- Avoid mayonnaise, salad dressings, sauces, marinades, and pre-made soups made with vegetable oils. Consider making your own or look for brands that use the recommended oils listed above.
- Check all food labels for added sugars. Be aware that there are many different names for sugar: fruit juice concentrate, corn syrup and other syrups, dextrose, coconut sugar, honey, and many others. Common sources of hidden sugars include ketchup, barbecue sauce, and salad dressings.

## TREATS/SNACKS

A true Paleo diet in my opinion would not include non-fruit treats like chocolate, but you have to make this diet sustainable and enjoyable in the real world. Keep treats to a minimum, but occasional high-quality treats may help you go the distance. These might include things like:

- A small amount of dairy-free dark chocolate sweetened with erythritol, stevia, monkfruit or allulose
- A coffee beverage with coconut cream or almond milk sweetened with erythritol, stevia, monkfruit or allulose
- Fresh fruit with low-sugar, dairy-free dark chocolate
- If you like vegetable/potato chips, choose those fried in coconut, olive, palm or avocado oil.
- If you like French fries, make them at home or try finding places that use duck fat (becoming more popular).