

When you see (*) next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

LIFESTYLE COMPLIANT & NON-COMPLIANT FOODS

PROTEIN

COMPLIANT	NON-COMPLIANT
Beef Chicken, turkey, duck, other fowl Eggs Bacon (NOTE: Bacon is an exception to the sugar and nitrate rules) Deli meats containing ONLY meat, water, seasoning, or salt Fish, fresh and canned (tuna, salmon, sardines) Pork Seafood, Shellfish	Deli & processed meats containing ingredients BESIDES meat, water, seasoning, or salt

VEGETABLES & LEGUMES

COMPLIANT	NON-COMPLIANT
Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) *Corn *White potatoes *Sweet potatoes *Yams Winter squash (butternut, acorn, pumpkin) *Beans & other legumes (e.g. lentils and chickpeas) Soy, Fermented (tempeh, miso)	Soybeans (edamame, tofu) Taro Yuca

FRUIT

COMPLIANT	NON-COMPLIANT
*All fruits *Dried fruit (e.g. dates, raisins, mangoes) Lemon and lime juice	Dried fruit with added sugar



NUTS

COMPLIANT

*All nuts and seeds, including peanuts
*All nut and seed butters, including peanut butter

NON-COMPLIANT

None

FATS & OILS

COMPLIANT

Olive oil
Coconut oil
Butter
Avocado oil
Duck fat
Flaxseed oil
Grapeseed oil
Lard (pork fat)
Nut oils
Tallow (beef fat)

Avocados
Coconut
Olives

Not recommended:

Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils

NON-COMPLIANT

Hydrogenated oils

GRAINS

COMPLIANT

*Rice (white, brown, wild)
*Corn tortillas (NOTE: exception to flours of any grains rule)
Oats and oatmeal
Quinoa
Amaranth
Buckwheat

NON-COMPLIANT

Bread, bagels, muffins
Flour tortillas
Pasta or noodles of any kind (bean, rice, quinoa)
Couscous
Cereal
Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)
Potato starch



ALCOHOL & BEVERAGES

COMPLIANT

Coconut water
 Coffee
 Kombucha
 *Beet juice
 Wine - Limit 1 per Day
 Spirits - Limit 3 per week

Tea
 Vegetable juice
 Water
 *Carrot juice

NON-COMPLIANT

Beer
 Fruit juice, milk
 Soda - diet or regular

DAIRY

COMPLIANT

Butter
 Kefir
 Yogurt
 Whey protein
 Cottage cheese

NON-COMPLIANT

Cow, goat:

Milk Buttermilk
 Sour cream Cream

SUGAR & SWEETENERS

COMPLIANT

Stevia
 Monkfruit
 *Honey, Coconut sugar and nectar

NON-COMPLIANT

All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, evaporated cane juice, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet

SNACK FOODS & ARTIFICIAL INGREDIENTS

COMPLIANT

*Sweet potato "fries," BAKED or FRIED
 *White potato "fries," BAKED
 *Baked chips (sweet potato, white potato, vegetable)
 Hummus
 *Arrowroot powder
 *Guar gum
 *Tapioca starch
 *Xanthan gum
 *Natural and artificial flavors and colors

NON-COMPLIANT

White potato "fries," FRIED (french fries)
 Fried chips of any kind, including vegetable
 Popcorn
 Benzoates
 Hydrogenated oil
 MSG
 Nitrates and nitrites

