



LIFESTYLE

COMPLIANT & NON-COMPLIANT FOODS

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.

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	NON-COMPLIANT
<p>*All nuts and seeds, including peanuts</p> <p>*All nut and seed butters, including peanut butter</p>	None

FATS & OILS

COMPLIANT	NON-COMPLIANT
<p>Olive oil</p> <p>Coconut oil</p> <p>Butter</p> <p>Avocado oil</p> <p>Duck fat</p> <p>Flaxseed oil</p> <p>Grapeseed oil</p> <p>Lard (pork fat)</p> <p>Nut oils</p> <p>Tallow (beef fat)</p> <p>Avocados</p> <p>Coconut</p> <p>Olives</p> <p>Not recommended:</p> <p>Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils</p>	Hydrogenated oils

GRAINS

COMPLIANT	NON-COMPLIANT
<p>*Rice (white, brown, wild)</p> <p>*Corn tortillas (NOTE: exception to flours of any grains rule)</p> <p>Oats and oatmeal</p> <p>Quinoa</p> <p>Amaranth</p> <p>Buckwheat</p>	<p>Bread, bagels, muffins</p> <p>Flour tortillas</p> <p>Pasta or noodles of any kind (bean, rice, quinoa)</p> <p>Couscous</p> <p>Cereal</p> <p>Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)</p> <p>Potato starch</p>

ALCOHOL & BEVERAGES

COMPLIANT	NON-COMPLIANT
Coconut water Coffee Kombucha *Beet juice Wine or Spirits - Limit 1 per week	Tea Vegetable juice Water *Carrot juice
	Beer Fruit juice Soda - diet or regular

DAIRY

COMPLIANT	NON-COMPLIANT
Butter Kefir Yogurt Whey protein Cottage cheese	Cow, goat: Milk Buttermilk Cheese Sour cream Cream

SUGAR & SWEETENERS

COMPLIANT	NON-COMPLIANT
Stevia Monkfruit *Coconut sugar and nectar	All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet

SNACK FOODS & ARTIFICIAL INGREDIENTS

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