



## PERFORMANCE

# 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
<p>Beef            Chicken, turkey, duck, other fowl            Eggs            Bacon (no sugar, no nitrates, no celery salt)            Deli meats containing ONLY meat, water, seasoning, or salt            Fish, fresh and canned (tuna, salmon, sardines)            Pork            Seafood, Shellfish</p> <p><b>Recommended:</b>            Grass-fed, pastured, and wild sources of protein</p>	<p>Deli &amp; processed meats containing ingredients BESIDES meat, water, seasoning, or salt</p> <p>Soy (edamame, tofu, tempeh, miso)</p>
VEGETABLES & LEGUMES	
COMPLIANT	NON-COMPLIANT
<p>Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips)            *Sweet Potatoes, baked or boiled            Winter squash (butternut, acorn, pumpkin)            *Yams</p>	<p>Corn            White potatoes            Soybeans (edamame)            Taro            Yuca            Beans &amp; other legumes (e.g. lentils and chickpeas)</p>
FRUIT	
COMPLIANT	NON-COMPLIANT
<p>*All fruits            *Dried fruit (e.g. dates, raisins, mangoes)            Lemon and lime juice</p>	<p>Dried fruit with added sugar</p>

## NUTS

### COMPLIANT

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

### NON-COMPLIANT

Peanuts  
Peanut butter

## 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

### NON-COMPLIANT

Hydrogenated oils

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

## GRAINS

### COMPLIANT

None

### NON-COMPLIANT

Breads, bagels, muffins  
Tortillas, corn or flour  
Rice (white, brown, wild)  
Quinoa  
Couscous  
Pasta or noodles of any kind (bean, rice, quinoa)  
Cereal  
Oats and oatmeal  
Amaranth  
Buckwheat  
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

Tea  
Vegetable juice  
Water  
\*Carrot juice

### NON-COMPLIANT

Beer, Wine, or Spirits  
Fruit juice  
Soda - diet or regular

## DAIRY

### COMPLIANT

Butter

### NON-COMPLIANT

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

## SUGAR & SWEETENERS

### COMPLIANT

Stevia  
Monkfruit

### NON-COMPLIANT

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

## SNACK FOODS & ARTIFICIAL INGREDIENTS

### COMPLIANT

\*Sweet potato "fries" or chips, BAKED ONLY  
Vegetables chips, baked

### NON-COMPLIANT

Sweet potato "fries" or chips, FRIED  
White potato "fries," FRIED (french fries)  
Fried chips of any kind  
Baked chips, except sweet potato and vegetable  
Hummus  
Popcorn  
Arrowroot powder  
Benzoates  
Guar gum  
Hydrogenated oil  
MSG  
Natural and artificial flavors and colors  
Nitrates and nitrites  
Tapioca starch  
Xanthan gum