

The Paleo Diet

Food Type	Include	Exclude	Key Rules
Fruit	Any fresh fruit is allowed. Small portions of dried fruit only as high G.I. Avocado		It is wise to eat fruit away from main meals on an empty stomach & in small portions.
Vegetables	Vegetable consumption is emphasized. Most fresh & frozen (no additives) vegetables are allowed.	Potatoes, Plantains, Swede, Sweet Potatoes, Taro, Yams. Vegetables packaged with added sugar, preservatives or other additives. Canned vegetables.	Small amounts of dried vegetables may be included, but they must be free of artificial additives, sugars and preservatives. Some liberal versions allow for the inclusion of sweet potato and other tubers.
Dairy Protein	On a strict Paleo Diet no dairy is allowed.	Ghee Raw Butter (organic), Cheeses, Buttermilk, Cream, Chocolate, Dried milk solids, Milk (all) Commercial yoghurts & ice creams Sour cream Margarine (any type) Whey (powder or liquid)	Some less restrictive versions of the Paleo Diet allow fermented dairy, ghee and butter only.
Animal Protein	Fresh Fish & Shellfish (fresh or frozen & sulfite & preservative free) Beef Buffalo/Bison Chicken & Turkey (fresh & organic) where possible Fresh Eggs (organic, free range) (Homemade Mayonnaise)	Processed Meats: Sausages, salami, hotdogs, luncheon meats, cold cuts Smoked meats & fish products Bacon & ham (Processed meats contain starch, whey powder/lactose & sucrose).	The quality of protein is critical. Select organic, free range eggs & chicken Pastured beef Limit quantity – small portions (20% of meal) Fresh, wild caught low mercury content seafood (e.g. Salmon, Halibut)



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Milk Substitutes	Almond Milk and other pure nut milks Coconut water, milk, cream & butter	No rice or soy milks	
Legumes & Pulses	Green/String beans	Alfalfa, Peanuts, Carob, Beans (green/string beans are the only exception), Mung bean sprouts, Peas, Lentils, All legume flours, Soy beans & products e.g. Quorn, Tofu, Tempeh	The high lectin content of legumes is the main reason for avoidance as lectins promote leaky gut. Legumes are also considered to be too difficult to digest, as well as providing food for pathogenic gut bacteria/ fermentation.)
Grains	NO GRAINS ARE ALLOWED In its strictest version the diet also excludes grain-like seeds such as Amaranth, Buckwheat, Chia seeds, Psyllium Husks & Quinoa	All products made from wheat, oats, spelt, barley, rye & derivatives are excluded, as are corn, teff, and sorghum, rice & derivatives	Grain-like seeds such as Amaranth, Buckwheat, Chia seeds, Psyllium Husks & Quinoa may be allowed on more liberal versions of the Paleo Diet.
Nuts & Seeds	Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts (filberts), Macadamia nuts, Pecans, Pine nuts, Pistachios (unsalted), Sesame seeds, Sunflower seeds, Walnuts	Peanuts (peanuts are really a legume not a nut)	Nuts should ideally be activated to remove anti-nutrient content (activated=soaked and dehydrated).
Herbs & Spices	Herbs: Fresh or dried without additives Spices: Single, pure without any additives	Mixed spices Mixed herbs Tamarind	Select commercial herbs & spices carefully as they often contain anti-caking agents & other additives including gluten.



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Key Rules

Beverages

Coffee (organic, freshly ground),
Filtered Water,
Herbal Tea,
Tea made from hot water & soaked
ginger,
Raw organic apple cider vinegar,
Sauerkraut Juice,
Coconut Kefir

Coffee (instant)
Decaffeinated Products
Milk
Commercial concentrated fruit &
vegetable juices
Sodas (softdrinks)
Tea (black)

Different versions of the Paleo Diet allow for moderate consumption of wine & beer but not other alcohols, Some versions suggest that it is best to avoid all alcohol.

Fats & Oils

(Edit the following list according to individual tolerances & according to advice from a clinician)
Coconut oil (cold pressed, organic, virgin)
For salads(unheated, cold pressed): Evening primrose, Borage, Pumpkin Seed, Pine nut oil
Avocado
Flaxseed/Golden Linseed Oil
Olive (recommended)

Refined, deodorized oils e.g. Canola oil, Corn oil, Peanut oil, Safflower oil, Sunflower oil, Soy oil
Cooking oils with additives (e.g. antioxidants, etc.): Margarine

Loren Cordein's version of the Paleo Diet is a low fat version. Other versions of Paleo allow for higher quantities of good quality fats and oils including tallow, lard & other animal fats.

Sea Vegetables/ Seaweed

Agar, Arame, Dulse, Hijike, Kelp, Kombu, Nori, Sea Palm, Wakame

Ferments

Coconut Kefir
Sauerkraut
Milk Kefir
Raw organic apple cider vinegar
Kimchi
Kombucha

Miso, Tofu, Tempeh, Soy Sauce, Tamari



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Sweeteners

Fruit sugar
Juiced orange, lemons, limes

Agave, Aspartame, Barley malt,
Cane sugar, Corn syrup,
Dextrose, Erythritol, Glucose (pow-
dered or syrup)
Granulated fructose, Honey,
High Fructose Corn Syrup
Inositol, Maltitol, Mannitol
Maple Syrup, Molasses
Nutri-sweet, Rice Malt Syrup
Saccharine, Sorbital, Splenda
Stevia, Treacle, Xylitol

Honey and organic maple syrup is allowed on some versions of the Paleo Diet but is not on Loren Cordein's version.

Yeasts

Ferments listed on the allowed list
on this table.
Mushrooms

Aged meats
Bakers Yeast
Anchovies, Capers, Olives,
Commercial condiments
Dried fruit
Peanuts & products
Tea (black)

Cooking/Baking Aids

Agar agar
Alcohol-free flavouring extracts
Baking Soda/Bicarbonate of Soda
(aluminum free)
Coconut (shredded, desiccated,
ground/flour)
Fresh young coconut meat
Cranberry juice concentrate (pure)
Pure Vanilla powder

Arrowroot, Baking Powder,
Carrageenan, Citric Acid,
Chocolate, Cocoa, Corn Starch,
Cream of Tartar, Maltodextrin*,
Pectin, Sago, Starch, Tapioca Starch,
Guar Gum, Xanthan Gum

Cacao & Carob are allowed on some versions but not others.

Maltodextrin is a very short chain of glucose molecules.
Derived from starch, it feeds pathogenic bacteria.

Other

Young green coconut water for
fermenting kefir
Sea Salt
Himalayan Pink Salt
Fermented Spirulina

Artificial additives & sweeteners
Hydrolyzed Protein



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Condiments

Apple Cider Vinegar

Commercial refined vinegar,
Braggs Amino Acids
Soup bases/bouillon cubes
Commercial Ketchup/Tomato sauce
Canned tomatoes
Tomato paste

