

# Paleolithic Food List

***\*Among the list of foods you should avoid, I believe it's important to mention that I do regularly eat Sweet Potatoes and disagree that they should be avoided. Most everything else is spot on in my opinion. –Rob***

Below is a list of foods that are encouraged or discouraged in the Paleo diet. This list was obtained from the book Paleo Diet by Loren Cordain (Wiley and Sons, New York 2002 pages 104-112).

<u>Encouraged Foods</u>	<u>Encouraged Foods</u>
<b>Lean Meats</b>	<b>Nuts and Seeds</b>
<ul style="list-style-type: none"> <li>• Lean beef (trimmed of visible fat)</li> <li>• Flank steak</li> <li>• Top sirloin steak</li> <li>• Extra-lean hamburger (no more than 7% fat, extra fat drained off)</li> <li>• London broil</li> <li>• Chuck steak</li> <li>• Lean veal</li> <li>• Any other lean cut</li> <li>• Lean pork (trimmed of visible fat)</li> <li>• Pork loin</li> <li>• Pork chops</li> <li>• Any other lean cut</li> </ul>	<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Brazil nuts</li> <li>• Cashews</li> <li>• Chestnuts</li> <li>• Hazelnuts (filberts)</li> <li>• Macadamia nuts</li> <li>• Pecans</li> <li>• Pine nuts</li> <li>• Pistachios (unsalted)</li> <li>• Pumpkin seeds</li> <li>• Sesame seeds</li> <li>• Sunflower seeds</li> <li>• Walnuts</li> </ul>
<b>Lean poultry</b> (white meat, skin removed)	<b>Foods To Be Eaten In Moderation</b>
<ul style="list-style-type: none"> <li>• Chicken breast</li> <li>• Turkey breast</li> <li>• Game hen breasts</li> </ul>	<b>Oils</b>
<b>Eggs</b> (limit to six a week)	<ul style="list-style-type: none"> <li>• Olive, avocado, walnut, flaxseed, and canola oils (use in moderation—4 tablespoons or less a day when weight loss is of primary importance)</li> </ul>
<ul style="list-style-type: none"> <li>• Chicken (go for the enriched omega 3 variety)</li> <li>• Duck</li> <li>• Goose</li> </ul>	<b>Beverages</b>
<b>Other meats</b>	<ul style="list-style-type: none"> <li>• Diet sodas (These often contain artificial sweeteners such as aspartame and saccharine, which may be harmful; you're better off drinking bottled and mineral waters.)</li> </ul>
<ul style="list-style-type: none"> <li>• Rabbit meat (any cut)</li> <li>• Goat meat (any cut)</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Tea</li> </ul>
<b>Organ meats</b>	<ul style="list-style-type: none"> <li>• Wine (two 4-ounce glasses; Note: Don't buy "cooking wine," which is loaded with salt.)</li> </ul>
<ul style="list-style-type: none"> <li>• Beef, lamb, pork, and chicken livers</li> <li>• Beef, pork, and lamb tongues</li> <li>• Beef, lamb, and pork marrow</li> <li>• Beef, lamb, and pork "sweetbreads"</li> </ul>	<ul style="list-style-type: none"> <li>• Beer (one 12-ounce serving)</li> <li>• Spirits (4 ounces)</li> </ul>
<b>Game meat</b>	<b>Paleo Sweets</b>
<ul style="list-style-type: none"> <li>• Alligator</li> <li>• Bear</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruits (no more than 2 ounces a</li> </ul>

- Bison (buffalo)
- Caribou
- Elk
- Emu
- Goose
- Kangaroo
- Muscovy duck
- New Zealand cervena deer
- Ostrich
- Pheasant
- Quail
- Rattlesnake
- Reindeer
- Squab
- Turtle
- Venison
- Wild boar
- Wild turkey

#### **Fish**

- Bass
- Bluefish
- Cod
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern pike
- Orange roughy
- Perch
- Red snapper
- Rockfish
- Salmon
- Scrod
- Shark
- Striped bass
- Sunfish
- Tilapia
- Trout
- Tuna
- Turbot
- Walleye
- Any other commercially available fish

#### **Shellfish**

- Abalone
- Clams

day, particularly if you are trying to lose weight)

- Nuts mixed with dried and fresh fruits (no more than 4 ounces of nuts and 2 ounces of dried fruit a day, particularly if you are trying to lose weight)

### **Foods You Should Avoid**

#### **Dairy Foods**

- All processed foods made with any dairy products
- Butter
- Cheese
- Cream
- Dairy spreads
- Frozen yogurt
- Ice cream
- Ice milk
- Low-fat milk
- Nonfat dairy creamer
- Powdered milk
- Skim milk
- Whole milk
- Yogurt

#### **Cereal Grains**

- Barley (barley soup, barley bread, and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats, and all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, Rice flour (all processed foods made with rice))
- Rye (rye bread, rye crackers, and all processed foods made with rye)
- Sorghum
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
- Wild rice

#### **Cereal Grainlike Seeds**

- Amaranth
- Buckwheat

- Crab
- Crayfish
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp

#### **Fruit**

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Carambola
- Cassava melon
- Cherimoya
- Cherries
- Cranberries
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion fruit
- Peaches
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Tangerine
- Watermelon
- All other fruits

#### **Vegetables**

- Artichoke

- Quinoa

#### **Legumes**

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas
- Chickpeas
- Lentils
- Peas
- Miso
- Peanut butter
- Peanuts
- Snowpeas
- Sugar snap peas
- Soybeans and all soybean products, including tofu

#### **Starchy Vegetables**

- Starchy tubers
- Cassava root
- Manioc
- Potatoes and all potato products (French fries, potato chips, etc.)
- Sweet potatoes
- Tapioca pudding
- Yams

#### **Salt-Containing Foods**

- Almost all commercial salad dressings and condiments
- Bacon
- Cheese
- Deli meats
- Frankfurters
- Ham
- Hot dogs
- Ketchup
- Olives
- Pickled foods
- Pork rinds
- Processed meats
- Salami
- Salted nuts
- Salted spices
- Sausages
- Smoked, dried, and salted fish and meat
- Virtually all canned meats and fish (unless they are unsalted or unless you soak and drain them)

- Asparagus
- Beet greens
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Dandelion
- Eggplant
- Endive
- Green onions
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Purslane
- Radish
- Rutabaga
- Seaweed
- Spinach
- Squash (all kinds)
- Swiss chard
- Tomatillos
- Tomato (actually a fruit, but most people think of it as a vegetable)
- Turnip greens
- Turnips
- Watercress

#### **Fatty Meats**

- Bacon
- Beef ribs
- Chicken and turkey legs
- Chicken and turkey skin
- Chicken and turkey thighs and wings
- Fatty beef roasts
- Fatty cuts of beef
- Fatty ground beef
- Fatty pork chops
- Fatty pork roasts
- Lamb chops
- Lamb roasts
- Leg of lamb
- Pork ribs
- Pork sausage
- T—bone steaks

#### **Soft Drinks and Fruit Juices**

- All sugary soft drinks
- Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

#### **Sweets**

- Candy
- Honey
- Sugars