

# Is it PALEO?

cheat sheet

## YES

**MEATS** beef, poultry, eggs, fish, pork, etc.

**HEALTHY FATS** coconut oil, butter, ghee, beef tallow, lard, duck fat.

**NOTE:** *avocado, macadamia and olive oils are fine in dressings and such, but are to be avoided in cooking.*

**VEGGIES** fresh or frozen vegetables, sweet potatoes, yams (white potatoes are okay if only occasional.)

### LOW TO MODERATE:

Fruits (berries are best), tree nuts

**OKAY SWEETENERS (only use if you must)**

Raw, natural sweeteners - raw honey, coconut sugar, maple syrup, stevia

When purchasing your foods, look for organic/grass-fed/pastured if possible.



## NO

### VEGETABLE OILS

soybean, corn, peanut, canola, safflower, sunflower, and other hydrogenated or semi-hydrogenated oils.

### ALL CARBS

Grains & cereals, wheat, rye, oatmeal, granola, bread, bagels, corn, rice, quinoa, pasta, pizza, beer, etc.

### SUGAR

Avoid any added sweeteners, particularly artificial or processed ones.

### DAIRY

Avoid dairy, with the exception of butter & heavy cream. Keep any dairy minimal, raw & full fat.

### LEGUMES

any and all beans, including peanuts or peanut products

### SOY