

Items in blue are a best choice

## protein

- Seafood  
Best: **wild-caught + sustainably fished**  
Better: wild-caught and/or sustainable  
Good: farm-raised
- Ruminants (beef, buffalo, lamb, elk, venison, etc.)  
Best: **100% grass-fed + organic**  
Better: grass fed and/or organic  
Good: lean, fat trimmed/drained
- Eggs  
Best: **pastured + organic**  
Better: organic (omega-3 enriched optional)  
Good: store-bought
- Poultry (chicken, turkey, duck, pheasant, etc.)  
Best: **pastured + organic**  
Better: organic  
Good: store-bought, skin removed
- Non-Ruminants (pork, wild boar, rabbit, etc.)  
Best: **pastured + organic**  
Better: organic  
Good: lean, fat trimmed/drained
- Processed Meats (bacon, sausage, deli meat, etc.)  
Best: **100% grass-fed/pastured + organic**  
Better: organic  
**Avoid:** factory-farmed, or those with added sugar, MSG, sulfites or carrageenan

## vegetables

- Acorn Squash
- Anise/Fennel Root
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms (all)
- Okra
- Onion/Shallots
- Parsnips
- Pumpkin
- Radish
- Rutabaga
- Rhubarb
- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Watercress
- Zucchini

## fruit

- Apples (all varieties)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates/Figs
- Exotic Fruit (star fruit, quince)
- Grapefruit
- Grapes (green/red)
- Kiwi
- Lemon/Lime
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears (all varieties)
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Limit:** Dried Fruit

## fats

- Best: **Cooking Fats**
- Animal Fats\*
  - Clarified Butter\*
  - Ghee\*
  - Coconut oil
  - Extra-Virgin Olive Oil

- Best: **Eating Fats**
- Avocado
  - Cashews
  - Coconut Butter
  - Coconut Meat/Flakes
  - Coconut Milk (canned)
  - Hazelnuts/Filberts
  - Macadamia Nuts
  - Macadamia Butter
  - Olives (all)

- Occasional: Nuts & Seeds
- Almonds
  - Almond Butter
  - Brazil Nuts
  - Pecans
  - Pistachio

- Limit:** Nuts & Seeds
- Flax Seeds
  - Pine Nuts
  - Pumpkin Seeds/Pepitas
  - Sesame Seeds
  - Sunflower Seeds
  - Sunflower Seed Butter
  - Walnuts

\*Ideally, pastured or 100% grass-fed and organic.