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

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