

OMNIVORE LIFESTYLE - FOOD LIST

When you see (*) next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

When you see (***) next to a food, it indicates the food is compliant in moderation but consider avoiding this food altogether.

COMPLIANT			NON-COMPLIANT
Beef	Duck	Shellfish	Plant based "meats" (Impossible, Beyond Meat, etc.) Bacon, deli & processed meats containing ingredients BESIDES meat, water, seasoning, or salt
Chicken	Other fowl	Seafood	
Turkey	Eggs	Pork	
Fish, fresh and canned in water (tuna, salmon, sardines)			

VEGETABLES & LEGUMES			NON-COMPLIANT
COMPLIANT			NON-COMPLIANT
Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips)			Soybeans (edamame, tofu) Taro Yuca
*Yams	*Beans & other legumes (e.g. lentils and chickpeas)		
*Corn	Winter squash (butternut, acorn, pumpkin)		
*White Potatoes	Soy, Fermented (tempeh, miso)		
*Sweet Potatoes			

FRUIT		NON-COMPLIANT
COMPLIANT		NON-COMPLIANT
*All fruits, including dried fruits	Lemon and lime juice	Dried fruit with added sugar

NUTS & SEEDS		NON-COMPLIANT
COMPLIANT		NON-COMPLIANT
*All nuts and seeds, including peanuts *All nut and seed butters, including peanut butter		None

FATS & OILS				NON-COMPLIANT
COMPLIANT				NON-COMPLIANT
Butter	Ghee	Olive Oil	Tallow (beef fat)	Industrial vegetable and seed oils, including soybean, corn, peanut, sunflower, safflower, grapeseed, or canola oils Hydrogenated oil
Coconut	Avocado Oil	Duck Fat	Flaxseed oil	
Nut/seed oils				
<i>Not recommended:</i> Lard (pork fat), bacon fat, chicken fat				

GRAINS			NON-COMPLIANT	
COMPLIANT			NON-COMPLIANT	
Oats/oatmeal	Amaranth	*Rice (white, brown, wild)	Cereals (other than oatmeal)	Flour tortillas
Quinoa	Buckwheat		Couscous	Potato starch
*Corn tortillas (NOTE: exception to flours of any grains rule)			Farro	Cornmeal, Polenta
			Wheat berries	Barley, pearled barley
			Bread, bagel, muffins, Ezekiel bread	Flours of any grains (rice, quinoa, corn, wheat)
			Noodles of any kind (bean, rice, quinoa)	

ALCOHOL & BEVERAGES			NON-COMPLIANT
COMPLIANT			NON-COMPLIANT
Water	*Beet juice	Tea	Beer, Hard Cider, Hard Seltzer Soda - diet, regular, zero-sugar, etc. Fruit juice
Coconut water	*Carrot juice	Vegetable juice	
Coffee	*Kombucha		
***Wine or Spirits - Limit 1 Drink per week			

DAIRY				NON-COMPLIANT
COMPLIANT				NON-COMPLIANT
Butter	Yogurt	Cottage cheese		Cow, goat: Cheese Milk Cream Buttermilk Sour cream
Kefir	Whey protein			

SUGAR & SWEETENERS			NON-COMPLIANT
COMPLIANT			NON-COMPLIANT
*Stevia	*Monkfruit	*Coconut sugar and nectar	All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, etc.

SNACKS & ARTIFICIAL INGREDIENTS			NON-COMPLIANT
COMPLIANT			NON-COMPLIANT
*Sweet potato "fries," BAKED or FRIED	Hummus		White potato "fries," FRIED (french fries)
*White potato "fries," BAKED	*Guar gum		Hydrogenated oil
*Baked chips (sweet potato, potato, vegetable)	*Xanthan gum		Fried chips of any kind, including vegetable
*Arrowroot powder (thickener)	*Natural and artificial flavors and colors		MSG
*Tapioca starch (thickener)			Popcorn
			Nitrates and nitrites
			Benzoates