

REAL FOOD LISTS

The lists to live your life by. These lists will make Banting easy to follow. Traffic rules apply. Green means go, Orange means proceed with caution and Red means no.

GREEN LIST

Green is an all-you-can-eat list - you choose anything you like without worrying about the carbohydrate content as all the foods will be between 0 to 5g/100g.

It will be almost impossible to overdo your carbohydrate intake by sticking to this group of foods. Overeating protein is not recommended, so eat a moderate amount of animal protein at each meal. Include as much fat as you are comfortable with - bearing in mind that Banting is high in fat. Caution: even though these are all-you-can-eat foods, only eat when hungry, stop when full and do not overeat. The size and thickness of your palm without fingers is a good measure for a serving of animal protein.

ANIMAL PROTEIN (unless these have a rating, they are all 0g/100g)

- All eggs
- All meats, poultry and game
- All natural and cured meats (*pancetta, parma ham, coppa etc*)
- All natural and cured sausages (*salami, chorizo etc*)
- All offal
- All seafood (*except swordfish and tilefish - high mercury content*)
- Broths

DAIRY (Please refer to "What is the deal with dairy?" on FAQ page)

- Cottage cheese
- Cream
- Cream cheese
- Full-cream Greek yoghurt
- Full-cream milk
- Hard cheeses
- Soft cheeses

FATS

- Any rendered animal fat
- Avocado oil
- Butter
- Cheese - firm, natural, full-fat, aged cheeses (*not processed*)
- Coconut oil
- Duck fat
- Ghee
- Lard
- Macadamia oil
- Mayonnaise, full fat only (*not from seeds oils*)
- Olive oil

FLAVOURINGS AND CONDIMENTS

All flavourings and condiments are okay, provided they do not contain sugars and preservatives or vegetable (seed) oils.

NUTS AND SEEDS

- Almonds
- Flaxseeds (watch out for pre-ground flaxseeds, they go rancid quickly and become toxic)
- Macadamia nuts
- Pecan nuts
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts

SWEETENERS

Erythritol granules

- Stevia powder
- Xylitol granules

VEGETABLES

- All green leafy vegetables (*spinach, cabbage, lettuces etc*)
- Any other vegetables grown above the ground (*except butternut*)
- Artichoke hearts
- Asparagus
- Aubergines
- Avocados
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Courgettes
- Leeks
- Mushrooms
- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Sauerkraut
- Spring onions
- Tomatoes

ORANGE LIST

Orange is made up of ingredients containing between 6g and 25g of carbs per 100g (6% - 25%).

Chart your carbohydrates without getting obsessive and still obtain an excellent outcome. If you are endeavouring to go into ketosis, this list will assist you to stay under a total of 50g carbs for the day. These are all net carbs and they are all 23 to 25g per indicated amount. Ingredients are all fresh unless otherwise indicated.

FRUITS

- Apples 1.5
- Bananas 1 small
- Blackberries 3.5 C
- Blueberries 1.5 C
- Cherries (sweet) 1 C
- Clementines 3
- Figs 3 small
- Gooseberries 1.5 C
- Grapes (green) under 1 C
- Guavas 2
- Kiwi fruits 3
- Litchis 18
- Mangos, sliced, under 1 C
- Nectarines 2
- Oranges 2
- Pawpaw 1
- Peaches 2
- Pears (Bartlett) 1
- Pineapple, sliced, 1 C
- Plums 4
- Pomegranate ½
- Prickly pears 4
- Quinces 2
- Raspberries 2 C
- Strawberries 25
- Watermelon 2 C

NUTS

- Cashews, raw, 6 T

- Chestnuts, raw, 1 C

SWEETENERS

- Honey 1 t

VEGETABLES

- Butternut 1.5 C
- Carrots 5
- Sweet potato 0.5 C

KEY

C = cups per day

T = tablespoons per day

t = teaspoons per day

g = grams per day

For example: 1.5 apples are all the carbs you can have off the orange list for the day (if you want to go into ketosis and make sure you are under 50g total carbs for the day).

RED LIST

Red will contain all the foods to avoid as they will be either toxic (e.g. seed oils, soya) or high-carbohydrate foods (e.g. potatoes, rice).

We strongly suggest you avoid all the items on this list, or, at best, eat them very occasionally and restrict the amount when you do. They will do nothing to help you in your attempt to reach your goal.

BAKED GOODS

- All flours from grains - wheat flour, cornflour, rye flour, barley flour, pea flour, rice flour etc
- All forms of bread
- All grains - wheat, oats, barley, rye, amaranth, quinoa, teff etc
- Beans (*dried*)
- "Breaded" or battered foods
- Brans
- Breakfast cereals, muesli, granola of any kind
- Buckwheat
- Cakes, biscuits, confectionary
- Corn products - popcorn, polenta, corn thins, maize
- Couscous
- Crackers, cracker breads
- Millet
- Pastas, noodles
- Rice
- Rice cakes
- Sorghum
- Spelt
- Thickening agents such as gravy powder, maize starch or stock cubes

BEVERAGES

- Beer, cider
- Fizzy drinks (*sodas*) of any description other than carbonated water
- Lite, zero, diet drinks of any description

DAIRY / DAIRY-RELATED

- Cheese spreads, commercial spreads
- Coffee creamers
- Commercial almond milk
- Condensed milk
- Fat-free anything
- Ice cream
- Puddings
- Reduced-fat cow's milk

- Rice milk
- Soy milk

FATS

- All seed oils (*safflower, sunflower, canola, grapeseed, cottonseed, corn*)
- Chocolate
- Commercial sauces, marinades and salad dressings
- Hydrogenated or partially hydrogenated oils including margarine, vegetable oils, vegetable fats

FRUITS AND VEGETABLES

- Fruit juice of any kind
- Vegetable juices (*other than home-made with Green list vegetables*)

GENERAL

- All fast food
- All processed food
- Any food with added sugar such as glucose, dextrose etc

MEAT

- All unfermented soya (*vegetarian "protein"*)
- Meats cured with excessive sugar
- Vienna sausages, luncheon meats

STARCHY VEGETABLES

- Beetroots
- Legumes
- Parsnips
- Peanuts
- Peas
- Potatoes (*regular*)

SWEETENERS

- Agave anything
- Artificial sweeteners (*aspartame, acesulfame K, saccharin, sucralose, splenda*)
- Cordials
- Dried fruit
- Fructose
- Honey (*except for 1 t on orange list*)
- Malt
- Sugar
- Sugared or commercially pickled foods with sugar
- Sweets
- Syrups of any kind