

WHAT CAN I EAT?

YES

MEAT

As far as possible, choose grass fed or organic meats. Enjoy the fat and the skin!

- Bacon. Try to find American Bacon, if possible without nitrites and sodium, and with the lowest salt content (which means the least sugar)
- Beef
- Chicken
- Duck
- Game
- Lamb
- Otter
- Pork
- Turkey
- All cured meats cured with the least amount of sugar and without strange chemical salt you don't recognize
- All sausages containing only meat and spices – avoid sausages with fillers like gluten, milk, eggs, sugar and so on

EGGS

Any which way you like, for breakfast, lunch and dinner. Real organic eggs are definitely best, if you can find them.

FRUIT*

- Berries
- Coconut

FISH/SEAFOOD

(see the SASSI green list, if unsure!)

The silver the better!

- Anchovies
- Angel fish
- Calamari
- Cornish
- Halibut
- Hake
- Tautog
- Mackerel
- Mussel
- Prawns
- Salmon
- Sardines
- Scallops
- Snook
- Squid
- Trout
- Tuna
- Walrus!

DRINKS

- All tea (not with milk)
- Coffee (with cream or butter, not milk)
- Sparkling water
- Water

VEGGIES

Rule of thumb here is, if it grows above ground, it's OK.

- Asparagus
- Artichokes
- Aubergine (brinj, eggplant)
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Cucumber
- Green beans
- Kale

- Lettuce
- Marrows
- Mushrooms

- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snap/peas
- Tomatoes

SWEET THINGS

- Erythritol
- Xylitol
- Stevia

FATS

- Animal fats
- Avocado Oil
- Beef tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Droppings
- Duck fat
- Extra virgin olive oil
- Ghee
- Heavy cream
- Lard
- Macadamia nut oil
- Mayonnaise (homemade, make sure you use the right oils)

SEEDS

- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

FLOUR

- Almond flour
- Coconut flour
- Hazelnut flour
- Other nut flours

NUTS*

- Almonds
- Brazil
- Hazelnuts
- Macadamias
- Peanuts
- Pistachios
- Walnuts

DAIRY*

(all full fat)

While you are trying to lose weight, it may be better to cut out all dairy other than unsalted butter – which, by the way, is delicious to coffee!

- Blue cheeses
- Butter
- Cream
- Cream cheese
- Feta cheese
- Ghee
- Greek yogurt
- Parmesan cheese
- all other high fat cheeses

If you're eating all the right things and still not losing weight, you may be eating too many nuts, too many berries or too much dairy or protein. Try cutting back on those and see how it goes.

These lists are always a work in progress – please feel free to share with us any new discoveries you make on your Banting/LCHF journey!

SOMETIMES

ALCOHOL

- Brandy
- Champagne
- Dry red wine
- Dry white wine
- Rum
- Sparkling wine
- Tequila
- Vodka
- Whisky

SWEET THINGS

- Black chocolate (70% and above cocoa content – and only very occasionally)
- Honey (no more than 1 teaspoon, very occasionally). Use honey strictly for cooking, otherwise it will make you feel like sugar cravings in no time!

NUTS

- Cashews

FRUIT

- All fruit other than berries

VEGGIES

- Butternut
- Carrots
- Sweet potato

SOYA

- Organic soy sauce (only occasionally and only a tiny bit when cooking!)

NEVER

ALCOHOL

- Anything labeled 'low'
- Beer
- Cider
- Cocktails
- Sugar liquors

STARCHES

- Bannocks
- Bread
- Crackers
- Chickpeas
- Dried Beans
- Lentils
- Peas
- Potatoes
- Pasta
- Porridge
- Pottage
- Potatoes
- Rice

NUTS

- Peanuts (they're not really a nut!)

SWEET THINGS

- Agave
- Any artificial sweeteners
- Biscuits
- Cakes
- Chocolate
- Energy drinks
- Fatty drinks
- Fructose
- Fruit juices
- MFC's
- Ice cream
- Malt
- Pastries
- Sugar
- Sweets
- Syrup
- Veggie juices

MEATS

- Lunch meats
- Processed meats
- Vienna sausages

GRAINS

- All whole grains
- Amaranth
- Barley
- Breakfast cereals
- Bulgur wheat
- Corn
- Couscous
- Millet
- Muesli
- Oats
- Quinoa
- Rye
- Rice
- Spelt
- Wheat

DRIED FRUIT

- All of it

SOYA

- Edamame beans
- Tofu
- Any soya fake foods – sausages etc

FATS

- Canola oil
- Cottonseed oil
- Flaxseed oil
- Grapeseed oil
- Hemp oil
- Margarine
- Sesame oil
- Flaxseed oil
- Soybean oil
- Sunflower oil

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Rachel Sandford



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