

What not to eat – NON PALEO

Dairy Foods

- All processed foods made with any dairy products
- Non Grass-Fed Butter
- Cheese
- Reg Cream
- Dairy spreads
- Frozen yogurt
- Ice cream
- Ice milk
- Low-fat milk
- Nonfat dairy creamer
- Powdered milk
- Skim milk
- Whole milk
- Yogurt

- **Cereal Grains**

- Barley (barley soup, barley bread, and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats, and all processed foods made with oats)
- Rye (rye bread, rye crackers, and all processed foods made with rye)
- Sorghum
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
- Wild rice

Cereal Grain like Seeds

- Amaranth
- Buckwheat

Legumes

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas
- Chickpeas
- Lentils
- Miso
- Peanut butter
- Peanuts
- Snowpeas
- Soybeans and all soybean products, including tofu

Starchy Vegetables

- Starchy tubers
- Cassava root
- Manioc
- Potatoes and all potato products (French fries, potato chips, etc.)
- Tapioca pudding

Salt-Containing Foods

- Almost all commercial salad dressings and condiments
- Cheese
- Ketchup

What not to eat – NON PALEO

- Processed meats

Soft Drinks and Fruit Juices

- All sugary soft drinks

Sweets

- Candy
- Sugars
- Almost all sugary desserts