





Alphabetical Yes-No-Maybe So

Having trouble finding a food in any of the food lists? Search for it here alphabetically to determine whether the food in question is Paleo Approach friendly!

 **YES.** Go ahead and eat it unless you're allergic or have a sensitivity to it.

 **NO.** Don't eat it for now. Refer to *The Paleo Approach* for information on if and when it might be reintroduced.

 **MAYBE.** This food might be tolerated. If you aren't sure, leave it out of your diet for now. (These foods are not included in the recipes in this book.) Refer to *The Paleo Approach* for more information.

 **MODERATION.** This food is okay to eat, but there are some compelling reasons to keep portions small. Refer to *The Paleo Approach* for more information.

Food	YES	NO	MAYBE	MODERATION
A abalone	✓			
abiu	✓			
abusgata	✓			
açaí	✓			
acerola	✓			
acesulfame potassium		✓		
ackee	✓			
acrylamide		✓		
adzuki beans		✓		
African moringa	✓			
agar agar	✓			
agave		✓		
agave nectar		✓		
agave worm	✓			
alcohol		✓		
allspice			✓	
almonds		✓		
amanatsu	✓			
amaranth		✓		
amaranth greens	✓			
ambarella	✓			
anchovy	✓			
anchovy paste (check ingredients)	✓			
anemone	✓			
anise seed			✓	
annatto seed			✓	
ant	✓			
antelope	✓			
aonori	✓			
apple	✓			
apple cider vinegar	✓			
apricot	✓			
aramé	✓			
Arctic char	✓			

Food	YES	NO	MAYBE	MODERATION
arracacha	✓			
arrowroot	✓			
arrowroot powder	✓			
artichoke	✓			
artificial flavors		✓		
artificial food color		✓		
arugula	✓			
asafetida (check ingredients)	✓			
ashwagandha		✓		
asparagus	✓			
aspartame		✓		
Atlantic croaker	✓			
autolyzed protein		✓		
avocado	✓			
avocado oil	✓			
B babaco	✓			
bacon	✓			
baking soda	✓			
balm	✓			
balsamic vinegar	✓			
bamboo shoot	✓			
bamboo worm	✓			
banana	✓			
barcheek goby	✓			
barley		✓		
barley malt		✓		
barley malt syrup		✓		
basil leaf	✓			
bass	✓			
bay leaf	✓			
bear	✓			
bearberry	✓			
beaver	✓			
bee larvae	✓			

Food

	YES	NO	MAYBE	MODERATION
beech mushroom	✓			
beef	✓			
beefsteak leaves	✓			
beet and other vegetable kvasses (check ingredients)	✓			
beet greens	✓			
beet root	✓			
beet sugar		✓		
bell pepper		✓		
bilberry	✓			
biriba	✓			
bison	✓			
bitter gourd	✓			
bitter melon	✓			
black beans		✓		
black caraway			✓	
black cumin			✓	
black tea				✓
black-eyed peas		✓		
blackberry	✓			
blood orange	✓			
blueberry	✓			
boar	✓			
bok choy	✓			
boletus	✓			
bonito	✓			
bonito flakes	✓			
borage greens	✓			
Brazil nuts		✓		
breem				✓
brill	✓			
brisling	✓			
broad beans		✓		
broadleaf arrowhead	✓			
broccoli	✓			
broccoli rabe	✓			
brominated vegetable oil		✓		
brown rice syrup		✓		
brown sugar		✓		
Brussels sprouts	✓			
buckwheat		✓		
Buddha's hand	✓			
buffalo	✓			
burdock	✓			
butter		✓		
butter beans		✓		
butter oil		✓		
butterfly kingfish	✓			

Food

C

	YES	NO	MAYBE	MODERATION
buttermilk		✓		
button mushroom	✓			
cabbage	✓			
calendula	✓			
calico beans		✓		
cam sành	✓			
camas	✓			
camel	✓			
camucamu	✓			
canary melon	✓			
cane crystals		✓		
cane juice		✓		
cane sugar		✓		
canistel	✓			
canna	✓			
cannellini beans		✓		
canola leaves	✓			
canola oil		✓		
cantaloupe	✓			
cape gooseberries		✓		
capers	✓			
capsicums		✓		
carambola	✓			
caramel		✓		
caraway			✓	
carbonated water	✓			
cardamom			✓	
cardoos	✓			
caribou	✓			
carnation	✓			
carob powder	✓			
carola	✓			
carp	✓			
carrageenan		✓		
carrot	✓			
carrot greens	✓			
carrot powder	✓			
casaba	✓			
cashews		✓		
cassava	✓			
cat's-ear	✓			
catfish	✓			
cauliflower	✓			
caviar (check ingredients)	✓			
cayenne pepper		✓		
celeriac	✓			
celery	✓			

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Food	YES	NO	MAYBE	MODERATION
celery seed			✓	
cellulose gum		✓		
celtuce	✓			
centipede	✓			
ceriman	✓			
Ceylon spinach	✓			
chamomile	✓			
chanterelle	✓			
Charentais	✓			
chayote	✓			
cheese		✓		
cherimoya	✓			
cherries	✓			
chervil	✓			
chestnuts		✓		
chia		✓		
chicken	✓			
chickpeas		✓		
chickweed	✓			
chicory	✓			
chili pepper flakes		✓		
chili peppers		✓		
chili powder		✓		
Chinese artichoke	✓			
Chinese broccoli	✓			
Chinese mallow	✓			
chives	✓			
chokeberry	✓			
chokecherry	✓			
Christmas melon	✓			
chrysanthemum leaves	✓			
chuck roast	✓			
cicada	✓			
cilantro	✓			
cinnamon	✓			
citron	✓			
clams	✓			
clementine	✓			
cloudberry	✓			
clover	✓			
cloves	✓			

Food	YES	NO	MAYBE	MODERATION
cockles	✓			
cockroach	✓			
coco plum	✓			
coconut				✓
coconut aminos	✓			
coconut butter				✓
coconut cream	✓			
coconut cream concentrate				✓
coconut flour				✓
coconut milk (emulsifier-free)	✓			
coconut milk kefir (check ingredients)	✓			
coconut milk yogurt (check ingredients)	✓			
coconut oil	✓			
coconut sugar			✓	
coconut water	✓			
coconut water vinegar	✓			
cod	✓			
coffee (not daily)			✓	
collagen supplements	✓			
collard greens	✓			
common dab	✓			
conch	✓			
conger	✓			
coriander leaf	✓			
coriander seed			✓	
corn		✓		
corn oil		✓		
corn sweetener		✓		
corn syrup		✓		
corn syrup solids		✓		
cottage cheese		✓		
cottonseed oil		✓		
crab	✓			
crabapple	✓			
cranberry	✓			
crappie	✓			
crawfish	✓			
cream		✓		
cream of tartar	✓			
creamed coconut				✓
Crenshaw melon	✓			

D

Food

	YES	NO	MAYBE	MODERATION
cress	✓			
cricket	✓			
crimini	✓			
croaker	✓			
crocodile	✓			
crowberry	✓			
crystalline fructose		✓		
cucumber	✓			
cultured grass-fed ghee			✓	
cumin seed			✓	
curds		✓		
currant	✓			
curry leaves	✓			
curry powder		✓		
custard apple	✓			
cuttlefish	✓			
dabberlocks	✓			
daikon	✓			
dairy protein isolates		✓		
dandelion	✓			
date	✓			
date sugar				✓
deer	✓			
dehydrated cane juice				✓
demerara sugar		✓		
derishi	✓			
dextrin		✓		
dextrose		✓		
diastatic malt		✓		
dill seed			✓	
dill weed	✓			
dove	✓			
dragonfly	✓			
dragonfruit	✓			
dried fruit				✓
drum	✓			
duck	✓			
dulse	✓			
dung beetle	✓			
durian	✓			
durum		✓		
earthnut pea	✓			
earthworm	✓			
edamame		✓		
edible flowers	✓			
eel	✓			
egg white		✓		

E

Food

	YES	NO	MAYBE	MODERATION
egg yolk			✓	
eggplant		✓		
einkorn		✓		
elderberry	✓			
elephant foot yam	✓			
elephant garlic	✓			
elk	✓			
emu	✓			
emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum)		✓		
endive	✓			
enokitake	✓			
Ensete	✓			
erythritol		✓		
evaporated cane juice				✓
falberry	✓			
fat hen	✓			
fava beans		✓		
fennel	✓			
fennel leaf	✓			
fennel seed			✓	
fenugreek			✓	
fenugreek leaves	✓			
fera	✓			
fernandina	✓			
fiddlehead	✓			
field blewit	✓			
fig	✓			
filefish	✓			
fish sauce (check ingredients)	✓			
flaxseed		✓		
Florence fennel	✓			
fluted pumpkin leaves	✓			
fly pupae	✓			
fonio		✓		
frog	✓			
fructose (added)		✓		
fructose (naturally occurring)				✓
fruit juice		✓		
fruit juice concentrate		✓		
galactose		✓		
galangal	✓			
Galia melon	✓			
gambooge	✓			
gar	✓			
garbanzo beans		✓		
garden huckleberries		✓		
garlic	✓			

F

G

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Food

	YES	NO	MAYBE	MODERATION
gelatin	✓			
ghee			✓	
ginger	✓			
gladiolas	✓			
glucose		✓		
glucose solids		✓		
goat	✓			
goji berries		✓		
golden syrup		✓		
Good King Henry	✓			
goose	✓			
gooseberries	✓			
granadilla	✓			
grapefruit	✓			
grapes	✓			
grasshopper	✓			
Great Northern beans	✓			
greater plantain	✓			
green banana flour	✓			
green beans			✓	
green tea				✓
greengage	✓			
ground cherries		✓		
grouse	✓			
guanabana	✓			
guar gum		✓		
guava	✓			
guavaberry	✓			
guinea hen	✓			
gypsy mushroom	✓			
hackberry	✓			
haddock	✓			
hake	✓			
halibut	✓			
Hamburg parsley	✓			
hare	✓			
hawthorn	✓			
hazelnuts		✓		
heavy cream		✓		
hedgehog mushroom	✓			
hemp seed		✓		

Food

	YES	NO	MAYBE	MODERATION
herring	✓			
hibiscus	✓			
high-fructose corn syrup		✓		
high-glycemic-load foods (if not explicitly eliminated)				✓
hijiki	✓			
honey				✓
honeydew	✓			
honeysuckle	✓			
horned melon	✓			
hornworm	✓			
horse	✓			
horseradish	✓			
horseradish sauce (check ingredients)	✓			
hot peppers		✓		
huckleberry	✓			
hydrolyzed vegetable protein		✓		
ice cream		✓		
ilama	✓			
inulin		✓		
invert sugar		✓		
Italian beans		✓		
ivy gourd	✓			
jackfruit	✓			
jaggery				✓
jellyfish	✓			
Jerusalem artichoke	✓			
jicama	✓			
Job's tears		✓		
John Dory	✓			
jujube	✓			
june bug	✓			
juniper			✓	
kaffir lime	✓			
kai-lan	✓			
kale	✓			
kamut		✓		
kangaroo	✓			
karonda	✓			
kefir (coconut milk) (check ingredients)	✓			
kefir (dairy)		✓		
kefir (water) (check ingredients)	✓			

Food

	YES	NO	MAYBE	MODERATION
key lime	✓			
kidney beans		✓		
king mackerel	✓			
king trumpet mushroom	✓			
kinnow	✓			
kiwi	✓			
kiyomi	✓			
kohlrabi	✓			
kohlrabi greens	✓			
komatsuna	✓			
kombu	✓			
kombucha (check ingredients)	✓			
konjac	✓			
korlan	✓			
kudzu	✓			
kumquat	✓			
kurrat	✓			
kuzu starch	✓			
kvass (check ingredients)	✓			
lactofermented condiments (check ingredients)			✓	
lactofermented fruits (check ingredients)			✓	
lactofermented vegetables (check ingredients)			✓	
lactose		✓		
Lagos bologi	✓			
lamb	✓			
lamb's lettuce	✓			
lamprey	✓			
land cress	✓			
lavender	✓			
laver	✓			
lecithin		✓		
leek	✓			
lemon	✓			
lemon balm	✓			
lentils		✓		
lettuce	✓			
lima beans		✓		
lime	✓			
limetta	✓			
limpets	✓			
ling	✓			
lingonberry	✓			
lion's mane mushroom	✓			
lips	✓			
lizard's tail	✓			
loach	✓			
lobster	✓			

Food

	YES	NO	MAYBE	MODERATION
locust	✓			
loganberry	✓			
longan	✓			
loofa	✓			
loquat	✓			
lotus root	✓			
lychee	✓			
macadamia nut oil			✓	
macadamia nuts		✓		
mace	✓			
mackerel	✓			
mahi mahi	✓			
maitake	✓			
malt syrup		✓		
maltodextrin		✓		
maltose		✓		
mamey sapote	✓			
mandarin	✓			
mango	✓			
mangosteen	✓			
manioc	✓			
mannitol		✓		
maple sugar				✓
maple syrup				✓
marigold	✓			
marjoram leaf	✓			
marlin	✓			
mashua	✓			
matsutake	✓			
maypop	✓			
mealworm	✓			
medlar	✓			
melokhia	✓			
melon pear	✓			
mesquite flour		✓		
Meyer lemon	✓			
milk		✓		
milkfish	✓			
millet		✓		
mineral water	✓			
minnow	✓			
mizuna	✓			
moderate-glycemic-load vegetables and fruits				✓
molasses				✓
monk fruit (luo han guo)		✓		
monkfish		✓		
monosodium glutamate (MSG)		✓		

M

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N

O

Food	YES	NO	MAYBE	MODERATION
moose	✓			
morel	✓			
mozuku	✓			
mulberry	✓			
mullet				✓
mung beans		✓		
muscadines	✓			
muscovado sugar				✓
mushrooms	✓			
muskmelon	✓			
mussels	✓			
mustard greens	✓			
mustard seed			✓	
mutton	✓			
nance	✓			
nannyberry	✓			
napa cabbage	✓			
naranjilla		✓		
nasturtiums	✓			
natural flavors		✓		
navy beans		✓		
nectarine	✓			
neotame		✓		
net melon	✓			
New Zealand spinach	✓			
nitrates or nitrites (naturally occurring are OK)		✓		
nopal	✓			
nori	✓			
nutmeg			✓	
nutritional yeast	✓			
oak mushroom	✓			
oats		✓		
octopus	✓			
ogen melon	✓			
ogonori	✓			
okra	✓			
olestra		✓		
olive oil	✓			
olives	✓			
omega-6 polyunsaturated fat-rich foods				✓
onion	✓			

P

Food	YES	NO	MAYBE	MODERATION
orache	✓			
orange	✓			
orangelo	✓			
Oregon grape	✓			
oregano leaf	✓			
oroblanco	✓			
ostrich	✓			
oyster	✓			
oyster mushroom	✓			
palm kernel oil		✓		
palm nectar			✓	
palm oil (look for ethically and sustainably sourced)	✓			
palm shortening (look for ethically and sustainably sourced)	✓			
palm sugar			✓	
pandora	✓			
panela		✓		
panocha		✓		
pansies	✓			
papaya	✓			
paprika		✓		
parsley	✓			
parsnip	✓			
partridge	✓			
passion fruit	✓			
pawpaw	✓			
pea			✓	
pea leaves	✓			
peach	✓			
peanut butter fruit	✓			
peanut oil		✓		
peanuts		✓		
pear	✓			
pearl onion	✓			
pecans		✓		
pepino		✓		
pepino melon	✓			
pepper (black, green, pink, or white)			✓	
pepper (red)		✓		
peppermint	✓			
perch	✓			
periwinkle	✓			

Food

	YES	NO	MAYBE	MODERATION
Persian melon	✓			
persimmon	✓			
pheasant	✓			
phosphoric acid		✓		
pigeon	✓			
pignut	✓			
pilchard	✓			
pimento		✓		
pine nuts		✓		
pineapple	✓			
pinto beans		✓		
pistachios		✓		
plaice	✓			
plantain	✓			
plantain flour (check ingredients)	✓			
plum	✓			
poke	✓			
pollock	✓			
pomegranate	✓			
pomegranate molasses				✓
pomelo	✓			
pompia	✓			
ponkan	✓			
poppy seeds		✓		
pork	✓			
portobello	✓			
potato		✓		
potato onion	✓			
prairie turnip	✓			
prawns	✓			
propylene glycol		✓		
Prussian asparagus	✓			
primrose	✓			
pulasan	✓			
pumpkin	✓			
pumpkin powder	✓			
pumpkin seed		✓		
pumpkin sprouts	✓			
quail	✓			
quince	✓			
quinoa		✓		
rabbit	✓			
radicchio	✓			
radish	✓			
radish sprouts	✓			
rambutan	✓			
ramp	✓			

Q

R

Food

	YES	NO	MAYBE	MODERATION
rangpur	✓			
rapadura		✓		
rapeseed oil		✓		
raspberry	✓			
raw cane sugar		✓		
raw sugar		✓		
red palm oil	✓			
red pepper		✓		
red wine vinegar	✓			
refined sugar		✓		
rhubarb (stems only)	✓			
riberry	✓			
rice		✓		
rice bran syrup		✓		
rice syrup		✓		
roe (check ingredients)	✓			
rose apple	✓			
rose hip	✓			
rosemary	✓			
rowan	✓			
Russian caraway			✓	
Russian melon	✓			
rutabaga	✓			
rye		✓		
saccharose		✓		
safflower oil		✓		
saffron	✓			
saffron milk cap	✓			
safou	✓			
sage	✓			
sago worm	✓			
sailfish	✓			
salak	✓			
salmon	✓			
salmonberry	✓			
salo	✓			
salsify	✓			
salt				✓
samphire	✓			
santol	✓			
sardine	✓			
sauerkraut (check ingredients)	✓			
saury	✓			
savory leaf	✓			
scallion	✓			
scallop	✓			
scarlet runner beans			✓	

S

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Food	YES	NO	MAYBE	MODERATION
saccharin		✓		
scented geranium	✓			
scorzonera	✓			
sculpit	✓			
sea beet	✓			
sea buckthorn	✓			
sea cucumber	✓			
sea grape	✓			
sea kale	✓			
sea lettuce	✓			
sea lion	✓			
sea squirt	✓			
sea urchin	✓			
sea vegetable powder (or salt)	✓			
seafood	✓			
seal	✓			
semolina		✓		
service tree	✓			
serviceberry	✓			
sesame seed		✓		
shad	✓			
shallot	✓			
shark				✓
sharlyn	✓			
sheepshead	✓			
shiitake	✓			
shimeji	✓			
shipova	✓			
shonan gold	✓			
shrimp	✓			
silkworm	✓			
silverside	✓			
skirret	✓			
smelt	✓			
smooth-tailed trevally	✓			
snail	✓			
snake	✓			
snakehead	✓			
snapper	✓			
snow fungus	✓			
snow pea			✓	

Food	YES	NO	MAYBE	MODERATION
soda water	✓			
sole	✓			
sorbitol		✓		
sorghum		✓		
sorghum syrup		✓		
sorrel	✓			
sour cream		✓		
soursop	✓			
soybean oil		✓		
soybeans		✓		
spa water (homemade)	✓			
Sparassis crispa	✓			
sparkling water	✓			
spearmint	✓			
spelt		✓		
spinach	✓			
spinach powder	✓			
spring onion	✓			
spring water	✓			
squash	✓			
squash blossoms	✓			
squid	✓			
star anise			✓	
star apple	✓			
starfish	✓			
starfruit	✓			
stevia		✓		
straw mushroom	✓			
strawberry	✓			
strawberry tree	✓			
stridolo	✓			
strutto	✓			
sucanat		✓		
sucralose		✓		
sucrose		✓		
sudachi	✓			
sugar apple	✓			
sugar snap pea			✓	
sumac			✓	
summer purslane	✓			
summer squash	✓			

Food

	YES	NO	MAYBE	MODERATION
sunflower oil		✓		
sunflower seed		✓		
sunflower sprouts	✓			
swede	✓			
sweet melon	✓			
sweet pepper		✓		
sweet potato	✓			
sweet potato flour, powder, or starch	✓			
sweet potato greens	✓			
sweet tooth fungus	✓			
Swiss chard	✓			
swordfish				✓
syrup		✓		
tamarillo		✓		
tamarind	✓			
tangelo	✓			
tangerine	✓			
tangor	✓			
tapioca	✓			
tapioca flour, powder, or starch	✓			
taro	✓			
tarpon	✓			
tarragon	✓			
tatsoi	✓			
tea, green or black				✓
tea, herbal	✓			
teff	✓			
tempeh	✓			
textured vegetable protein	✓			
thimbleberry	✓			
thyme	✓			
ti	✓			
tiger nut	✓			
tilapia	✓			
tilefish	✓			
tinda	✓			
tofu		✓		
tomatillo		✓		
tomato		✓		
trans fats (partially hydrogenated vegetable oil, hydrogenated oil)		✓		
treacle		✓		
tree ear fungus	✓			
tree onion	✓			
triticale		✓		
trout	✓			
truffle	✓			
truffle oil (made with extra-virgin olive oil; check ingredients)	✓			

Food

	YES	NO	MAYBE	MODERATION
truffle salt (check ingredients)	✓			
tub gurnard	✓			
tuna	✓			
turbinado sugar		✓		
turbot	✓			
turkey	✓			
turmeric	✓			
turnip	✓			
turnip greens	✓			
turtle	✓			
ugli	✓			
ugni	✓			
ulluco	✓			
umeboshi paste	✓			
umeboshi plums	✓			
unrefined cane sugar				✓
Uzbek melon	✓			
vanilla bean			✓	
vanilla extract (if alcohol will be cooked off)	✓			
vanilla powder (check ingredients)	✓			
vegetable kvass (check ingredients)	✓			
vegetable juices and smoothies				✓
vegetable powder (pumpkin, sweet potato, spinach, etc.)	✓			
wakame	✓			
walleye	✓			
walnut oil			✓	
walnuts		✓		
wampee	✓			
wasabi	✓			
water	✓			
water caltrop	✓			
water chestnut	✓			
water chestnut flour	✓			
water kefir	✓			
water spinach	✓			
watercress	✓			
watermelon	✓			
West Indian gherkin	✓			
whale				✓
wheat (all varieties)		✓		
whelk	✓			
whey		✓		
whey protein isolate		✓		
whipping cream		✓		
white wine vinegar	✓			
whiting	✓			
wild leek	✓			

YES. Go ahead and eat it unless you're allergic or have a sensitivity to it.

NO. Don't eat it for now. Refer to *The Paleo Approach* for information on if and when it might be reintroduced.

MAYBE. This food might be tolerated. If you aren't sure, leave it out of your diet for now. (These foods are not included in the recipes in this book.) Refer to *The Paleo Approach* for more information.

MODERATION. This food is okay to eat, but there are some compelling reasons to keep portions small. Refer to *The Paleo Approach* for more information.

Food	YES	NO	MAYBE	MODERATION
wild rice		✓		
wild-fermented condiments (check ingredients)	✓			
wild-fermented fruits (check ingredients)	✓			
wild-fermented vegetables (check ingredients)	✓			
wine (for drinking)		✓		
wine (for cooking; if alcohol will be cooked off)				✓
wineberry	✓			
winter melon	✓			
winter mushroom	✓			
winter squash	✓			
winter purslane	✓			
wolfberries		✓		

Food	YES	NO	MAYBE	MODERATION
X xanthan gum		✓		
xylitol		✓		
Y yacón	✓			
yacon syrup		✓		
yam	✓			
yeast (brewer's, baker's, nutritional)	✓			
yeast extract		✓		
yogurt		✓		
yuca	✓			
Z yuzu	✓			
zucchini	✓			

