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!

you're allergic or have a sensitivity

👫 YES. Go ahead and eat it unless 🛛 👬 NO. Don't eat it for now. Refer 👫 MAYBE. This food might be tol- 👫 MODERATION. This food to The Paleo Approach for information on if and when it might be reintroduced.

erated. 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.

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

NO

	Δ	L	

abalone abiu abusgata açai açai acerola acesulfame potassium ackee acrylamide adzuki beans African moringa agar agar agave agave nectar agave worm alcohol allspice almonds amanatsu amaranth amaranth amaranth amaranth amaranth amaranth amaranth amaranth anchovy anchovy paste (check ingredients) anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar apricot arame Arctic char	Food	ĘS	ON	AAYBE	AODERATI
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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 arame	agave		✓		
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almonds amanatsu amaranth amaranth greens ambarella anchovy anchovy paste (check ingredients) anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar arame	alcohol		√		
amanatsu amaranth amaranth amaranth amaranth greens ambarella anchovy anchovy paste (check ingredients) anemone anise seed annatto seed annt antelope aonori apple apple cider vinegar apricot arame	allspice			✓	
amaranth amaranth greens ambarella anchovy anchovy paste (check ingredients) anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar apricot arame	almonds		√		
amaranth greens ambarella anchovy anchovy paste (check ingredients) anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar apricot arame	amanatsu	✓			
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anchovy anchovy paste (check ingredients) anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar apricot arame	amaranth greens	✓			
anchovy paste (check ingredients) anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar apricot arame	ambarella	✓			
anemone anise seed annatto seed ant antelope aonori apple apple cider vinegar arame	anchovy	✓			
anise seed annatto seed ant ant antelope aonori apple apple cider vinegar apricot arame	anchovy paste (check ingredients)	✓			
annatto seed ant antelope aonori apple apple cider vinegar apricot arame	anemone	✓			
ant antelope aonori apple apple apple apple	anise seed			✓	
antelope aonori apple apple cider vinegar apricot arame	annatto seed			✓	
aonori apple apple dider vinegar apricot arame	ant	✓			
apple apple cider vinegar apricot arame	antelope	✓			
apple cider vinegar apricot arame	aonori	✓			
apricot arame	apple	✓			
apricot arame	apple cider vinegar	✓			
		✓			
Arctic char	arame	✓			
	Arctic char	✓			

Food	YES	NO No	MAYBE	OLEVATION
arracacha	✓			
arrowroot	✓			
arrowroot powder	✓			
artichoke	✓			
artificial flavors		✓		
artificial food color		✓		
arugula	✓			
asafetida (check ingredients)	✓			
ashwagandha		✓		
asparagus	✓			
aspartame		✓		
Atlantic croaker	✓			
autolyzed protein		✓		
avocado	✓			
avocado oil	✓			
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	✓			

Deech mushroom	Food	YES	9	MAYBE	AODERATION
beef ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable kvasses (check ingredients) ✓ Image: stand of the regetable	beech mushroom		_	-	_
beefsteak leaves beet and other vegetable kvasses (check ingredients) beet greens beet root beet sugar bell pepper bilberry biriba bison bitter gourd bitter gourd bitter melon black beans black caraway black curaway black curaway black curaway black tea black-eyed peas blackberry blood orange blueberry boar bok choy boletus bonito bonito flakes borage greens Brazil nuts bream brill brisling broadleaf arrowhead broccoli brown rice syrup brown sugar Brussels sprouts butter beans butter butter beans butter butter beans butter oil		/			
beet and other vegetable kvasses (check ingredients) beet greens beet root beet sugar bell pepper bilberry biriba bison bitter gourd bitter gourd bitter melon black beans black caraway black cumin black tea black-eyed peas black-eyed peas blackberry blood orange blueberry boar bok choy boletus bonito flakes borage greens Brazil nuts bream brill brisling broad beans broadleaf arrowhead broccoli broccoli rabe brown rice syrup brown sugar Brussels sprouts butter bans butter bans butter oil	beefsteak leaves				
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beet root ✓ Image: Control of the contr					
beet sugar bell pepper biliberry biriba bison bitter gourd bitter gourd bitter gourd bitter melon black beans black caraway black cumin black tea black-eyed peas black-eyed peas blackberry blood orange blueberry boar bok choy boletus bonito bonito dorange broage greens Brazil nuts bream brill brisling broad beans broadleaf arrowhead broccoli broccoli rabe brown rice syrup brown sugar Brussels sprouts butter butter bans butter oil		1			
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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	bream				✓
broad beans broadleaf arrowhead broccoli broccoli v broccoli rabe brominated vegetable oil brown rice syrup brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	brill	√			
broadleaf arrowhead broccoli broccoli broccoli brominated vegetable oil brown rice syrup brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	brisling	✓			
broccoli broccoli rabe brominated vegetable oil brown rice syrup brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	broad beans		✓		
broccoli rabe brominated vegetable oil brown rice syrup brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	broadleaf arrowhead	✓			
brominated vegetable oil brown rice syrup brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	broccoli	✓			
brown rice syrup brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	broccoli rabe	✓			
brown sugar Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	brominated vegetable oil		✓		
Brussels sprouts buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	brown rice syrup		✓		
buckwheat Buddha's hand buffalo burdock butter butter beans butter oil	brown sugar		✓		
Buddha's hand buffalo burdock butter butter beans butter oil	Brussels sprouts	✓			
buffalo	buckwheat		✓		
burdock butter butter butter oil	Buddha's hand	✓			
butter	buffalo	✓			
butter beans butter oil	burdock	✓			
butter oil	butter		✓		
	butter beans		✓		
butterfly kingfish	butter oil		✓		
	butterfly kingfish	✓			

1				_
				NOL
Facel			Щ	-RA
Food	YES	ON ON	IAYB	10DER/
buttermilk	>	∠	2	2
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	V			
cape gooseberries		V		
capers	V	_		
capsicums		·		
carambola	√			
caramel		·		
caraway			√	
carbonated water	√			
cardamom			√	
cardoon	√			
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	✓			

 $\overline{\mathbf{C}}$



YES. Go ahead and eat it unless 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.

Z

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	'ES	NO	MAYBE	AODERATION
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	✓			

	Food	YES	NO	MAYBE	MODERATION		Fo
	cress	✓					egg yolk
	cricket	✓					eggplant
	crimini	✓					einkorn
	croaker	✓					elderberry
	crocodile	✓					elephant f
	crowberry	✓					elephant (
	crystalline fructose		✓				elk
	cucumber	✓					emu
	cultured grass-fed ghee			✓			emulsifier
	cumin seed			√			endive
	curds		✓				enokitake
	currant	✓					Ensete
	curry leaves	✓					erythritol
	curry powder		✓				evaporate
	custard apple	✓				F	falberry
	cuttlefish	✓					fat hen
\overline{D}	dabberlocks	✓					fava bean
D	daikon	✓					fennel
	dairy protein isolates		✓				fennel lea
	dandelion	✓					fennel see
	date	✓					fenugreek
	date sugar				✓		fenugreek
	deer	✓					fera
	dehydrated cane juice				✓		fernandin
	demerara sugar		✓				fiddlehead
	derishi	✓					field blew
	dextrin		√				fig
	dextrose		√				filefish
	diastatic malt		√				fish sauce
	dill seed			√			flaxseed
	dill weed	✓					Florence f
	dove	✓					fluted pur
	dragonfly	✓					fly pupae
	dragonfruit	✓					fonio
	dried fruit				√		frog
	drum	✓					fructose (
	duck	✓					fructose (
	dulse	✓					fruit juice
	dung beetle	✓					fruit juice
	durian	✓				G	galactose
	durum		✓			G	galangal
E	earthnut pea	✓					Galia melo
	earthworm	✓					gambooge
	edamame		✓				gar
	edible flowers	✓					garbanzo
	eel	✓					garden hu
	egg white		√				garlic

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	1		_	
erythritol		√		
evaporated cane juice				_
falberry	✓			•
fat hen				
	V	√		
fava beans		· ·		
fennel	V			
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	✓			
<u>- </u>				



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

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Mering M	Food	YES	NO	MAYBE	MODERATION	Food	YES	NO	MAYBE	MODERATION
pinger	gelatin	✓				herring	✓			
glaciose glucose solds glucose solds gout	ghee			✓		hibiscus	✓			
	ginger	✓				high-fructose corn syrup		✓		
glucose solids	gladiolas	✓				high-glycemic-load foods (if not explicitly eliminated)				✓
Doat	glucose		✓			hijiki	✓			
golden syrup Image: Cond King Henry	glucose solids		✓			honey				✓
Dodd syrup	goat	✓				honeydew	✓			
Sood King Henry	goji berries		✓			honeysuckle	✓			
gooseberris - <td< td=""><td>golden syrup</td><td></td><td>✓</td><td></td><td></td><td>horned melon</td><td>✓</td><td></td><td></td><td></td></td<>	golden syrup		✓			horned melon	✓			
Section Sect	Good King Henry	✓				hornworm	✓			
grandilla	goose	✓				horse	✓			
grapefruit	gooseberries	✓				horseradish	✓			
grapes ✓ Interview of the protein ✓ Interview of the protein ✓ ✓ Interview of the protein ✓ ✓ Interview of the protein ✓ ✓ ✓ ✓ ✓ Interview of the protein ✓ </td <td>granadilla</td> <td>✓</td> <td></td> <td></td> <td></td> <td>horseradish sauce (check ingredients)</td> <td>✓</td> <td></td> <td></td> <td></td>	granadilla	✓				horseradish sauce (check ingredients)	✓			
grashopper	grapefruit	✓				hot peppers		✓		
Great Northern beans greater plantain green banana flour green tea green tea ground cherries grouse ground cherries ground cherrie	grapes	✓				huckleberry	✓			
greater plantain green banana flour green banana flour green beans green tea green gage ground cherries grouse guar gum guar gum guar gum guawaberry guinea hen gypyy mushroom hackberry haddock hake John Dory Jujube June bug June bug Juniper Jujube Juniper June bug Juniper Kaffir lime Kai-lan Kai-lan Kail-lan	grasshopper	✓				hydrolyzed vegetable protein		✓		
green banana flour green beans green tea green tea green dearra green dearra green tea ground cherries grouse guar gum guar gum guavaberry guinea hen y gypsy mushroom y hackberry haddock hake y hare hawthorn hazelnuts heavy cream heavy cream hedgehog mushroom y invert sugar invert sugar italian beans ivy gourd y jackfruit jaggery jellyfish Jerusalem artichoke jicama Job's tears John Dory yijube juniper kafir liline kai-lan kale X I I I I I I I I I I I I I I I I I I	Great Northern beans	✓				ice cream		✓		
green beans green tea green tea green tea ground cherries grouse guanabana guavaberry guinea hen gypsy mushroom y hackberry hare halibut hare hawthorn hazelnuts headgehog mushroom y green tea grouse y ground cherries y ivy gourd jacktruit jaggery jellyfish Jerusalem artichoke jicama y Job's tears John Dory y jujube y jujube y jujube y jujube y kaffir lime kai-lan kai	greater plantain	✓				ilama	✓			
green tea	green banana flour	✓				inulin		✓		
Seengage	green beans			✓		invert sugar		✓		
ground cherries grouse guanabana y guar gum guava guava guava guinea hen gypsy mushroom y haddock hake halibut Hamburg parsley hare hawthorn hazelnuts heavy cream hedgehog mushroom y jiaggery jaggery jellyfish Jerusalem artichoke jicama Joh's tears Joh's tears John Dory jujube june bug juniper kai-lan kai-l	green tea				✓	Italian beans		✓		
grouse guanabana y guar gum guava guava guavaberry guinea hen y gypsy mushroom y haddock hake halibut Hamburg parsley hare hare hawthorn hazelnuts heavy cream heddehog mushroom y jaggery jellyfish Jerusalem artichoke jicama Job's tears Job's tears John Dory jujube juniper kaffir lime kai-lan kale kamut kangaroo karonda kefir (coconut milk) (check ingredients) kefir (dairy)	greengage	✓				ivy gourd	✓			
guanabana	ground cherries		✓			jackfruit	✓			
guar gum guava y guava y guava y guava y guinea hen y gypsy mushroom hackberry haddock hake halibut Hamburg parsley hare hawthorn hazelnuts heavy cream hedyehog mushroom y Jerusalem artichoke jicama Joh's tears John Dory jujube june bug juniper K Kaffir lime kai-lan kale kamut kangaroo karonda kefir (coconut milk) (check ingredients) kefir (dairy)	grouse	✓				jaggery				✓
guavaberry guinea hen gypsy mushroom hackberry haddock hake halibut Hamburg parsley hare hawthorn hazelnuts heavy cream hedgehog mushroom y jicama Johr Dory jiube y juniper kaffir lime kai-lan kai-lan kangaroo karonda karonda kefir (coconut milk) (check ingredients) kefir (dairy)	guanabana	✓				jellyfish	✓			
guavaberry guinea hen gypsy mushroom hackberry haddock hake halibut Hamburg parsley hare hawthorn hazelnuts heavy cream hedgehog mushroom John Dory Jujube Jujube Jujube Jujube Jujupe Jujup	guar gum		✓			Jerusalem artichoke	✓			
guinea hen gypsy mushroom hackberry haddock hake halibut Hamburg parsley hare hawthorn hazelnuts heavy cream hedgehog mushroom John Dory jujube ✓ Kaffir lime kai-lan ✓ kaffir lime kai-lan ✓ kamut kamut kangaroo ✓ kangaroo karonda kefir (coconut milk) (check ingredients) ✓ kefir (dairy)	guava	✓				jicama	✓			
gypsy mushroom hackberry haddock hake halibut Hamburg parsley hare have have hare have have hare hawthorn hawthorn have heavy cream hedgehog mushroom	guavaberry	✓				Job's tears		✓		
hackberry haddock hake halibut Hamburg parsley hare hawthorn hazelnuts heavy cream hedgehog mushroom june bug juniper kaffir lime kai-lan kai-lan kale kamut kangaroo kangaroo karonda kefir (coconut milk) (check ingredients) kefir (dairy)	guinea hen	✓				John Dory	✓			
haddock hake All purple Al	gypsy mushroom	✓				jujube	✓			
hake	hackberry	✓				june bug	✓			
halibut Image: square sq	haddock	✓				juniper			✓	
halibut Image: square sq	hake	✓				kaffir lime	✓			
hare	halibut	✓					✓			
hawthorn kangaroo karonda heavy cream kefir (coconut milk) (check ingredients) kefir (dairy)	Hamburg parsley	✓				kale	✓			
hazelnuts karonda kefir (coconut milk) (check ingredients) kefir (dairy)	hare	✓				kamut		✓		
hazelnuts karonda kefir (coconut milk) (check ingredients) kefir (dairy)	hawthorn	✓				kangaroo	✓			
hedgehog mushroom V kefir (dairy)	hazelnuts		√				✓			
	heavy cream		✓			kefir (coconut milk) (check ingredients)	✓			
hemp seed kefir (water) (check ingredients)	hedgehog mushroom	✓				kefir (dairy)		✓		
	hemp seed		✓			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 regretables (check ingredients)			./	
lactose		√	•	
Lagos bologi	√	•		
lamb	√			
lamb's lettuce	V ✓			
	√			
lamprey land cress	✓ ✓			
	V			
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	✓			

				NOI
Food	(0		MAYBE	MODERATION
	✓ YES	9	MA	<u>M</u>
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)		√		



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

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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.

Z

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	V			✓
	√			Y
onion	V			

Food	YES	NO NO	AAYBE	AODERATION
orache	✓	_	_	_
orange	✓			
orangelo	✓			
Oregon grape	✓			
oregano leaf	✓			
oroblanco	√			
ostrich	✓			
oyster	✓			
pyster 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)		✓		
pepper (rea)	1			
perch	·			
periwinkle	·			
	•			

Food	S	0	MAYBE	MODERATION
Persian melon	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	0N	È	ž
persimmon	_			
pheasant				
phosphoric acid		√		
pigeon	√	•		
pignut	√			
pilchard				
·	•	√		_
pimento		<u> </u>		
pine nuts		v		
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	✓			
ropylene glycol		√		
Prussian asparagus	✓			
primrose	✓			
pulasan	✓			
pumpkin	√			_
pumpkin powder	· ·			
pumpkin seed		√		_
pumpkin sprouts	√	•		_
quail	✓ ✓			
quince	V	,		
quinoa		✓		
rabbit	√			
radicchio	√			
radish	√			
radish sprouts	✓			
rambutan	✓			
ramp	✓			

				NOL
Food			BE	MODERATION
FOOG	✓ YES	9	MAYBE	MOD
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	V	√		
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				

S



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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 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	V ✓			
	V		√	
snow pea			٧	

Food	ES	N0	MAYBE	MODERATIO
soda water	<i>></i>	_	_	_
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	1			
sweet tooth fungus	✓			
Swiss chard	✓			
swordfish				√
syrup		√		
tamarillo		√		
tamarind	✓			
tangelo	1			
tangerine	1			
tangor	1			
tapioca	· ·			
tapioca flour, powder, or starch	· ·			
taro	· /			
tarpon				
tarragon	· /			
tatsoi	· /			
tea, green or black	ľ			<u> </u>
tea, herbal	✓			Ť
teff	1			
tempeh	√			
<u> </u>	∨			
textured vegetable protein				
thimbleberry	✓			
thyme	∨			
ti				
tiger nut	V			
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			BE	ODFRATION
FOOU	YES	9	MAYBE	MOM
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	1			_
	\ \ \ \ \			_
walleye ——————————————————————————————————	V		√	_
		√	· ·	_
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.

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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	S = S = S = S = S = S = S = S = S = S =	2	NO	MAYBE	
xanthan gum			√		
xylitol			√		
yacón	✓				
yacon syrup			√		
yam	✓				
yeast (brewer's, baker's, nutritional)	✓				
yeast extract			√		
yogurt			√		
yuca	✓				
yuzu	✓				
zucchini	✓				

