

# 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 chemicals 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
- Catfish
- 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
- Frostings
- 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
- Flipped oil
- Soybean oil
- Sunflower oil

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