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FOOD GROUPS	SAFE	CAUTION	AVOID
<b>VEGETABLES</b>	<ul style="list-style-type: none"> <li>Alfalfa</li> <li>Bamboo shoots</li> <li>Bean sprouts</li> <li>Bell peppers (capsicums)</li> <li>Bok choy</li> <li>Carrot</li> <li>Cassava/Yuca</li> <li>Cherry tomatoes</li> <li>Chives</li> <li>Cucumber</li> <li>Eggplant</li> <li>Endive</li> <li>Ginger</li> <li>Green beans</li> <li>Kale</li> <li>Lettuce</li> <li>Olives</li> <li>Parsnip</li> <li>Pickles (without sugar)</li> <li>Plantains (green, verdes)</li> <li>Rutabaga (swede)</li> <li>Spinach</li> <li>Spring onion (green part only)</li> <li>Swiss chards (silverbeet)</li> <li>Taro</li> <li>Tomatoes</li> <li>Turnip</li> <li>Zucchini</li> <li>White Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Avocado (polyol)</li> <li>Beetroot (fructans)</li> <li>Broccoli (fructans)</li> <li>Brussels sprouts (fructans)</li> <li>Butternut pumpkin (fructans)</li> <li>Cauliflower (polyol)</li> <li>Celery (polyol)</li> <li>Fennel bulb (fructans)</li> <li>Green peas (fructans)</li> <li>Guacamole (polyol)</li> <li>Mushrooms (polyol)</li> <li>Sauerkraut (fructans)</li> <li>Sweet Potatoes/Yams (polyol)</li> <li>Wheat grass</li> </ul>	<ul style="list-style-type: none"> <li>Artichoke (fructose)</li> <li>Asparagus (fructose)</li> <li>Cabbage (fructans)</li> <li>Garlic (fructans)</li> <li>Jerusalem artichoke (fructans)</li> <li>Leeks (fructans)</li> <li>Okra (fructans)</li> <li>Onions (fructans)</li> <li>Shallot (fructans)</li> <li>Snow peas (fructans, polyols)</li> <li>Sugar snap peas (fructose)</li> <li>Raddichio (fructans)</li> <li>Tomato sauces &amp; paste (fructose &amp; fructans)</li> </ul>
<b>SEA VEGETABLES</b>	<ul style="list-style-type: none"> <li>Dulse</li> <li>Nori</li> <li>Kelp</li> <li>Kelp noodles</li> <li>Agar agar</li> </ul>		<ul style="list-style-type: none"> <li>Wakame</li> </ul>
<b>FRUIT</b>	<ul style="list-style-type: none"> <li>Banana (unripe)</li> <li>Blueberry</li> <li>Cantaloupe (rock melon)</li> <li>Honeydew melon</li> <li>Kiwifruit</li> <li>Lemon</li> <li>Lime</li> <li>Mandarin</li> <li>Orange</li> <li>Papaya</li> <li>Passionfruit</li> <li>Pineapple</li> <li>Raspberry</li> <li>Rhubarb</li> <li>Strawberry</li> </ul>	<ul style="list-style-type: none"> <li>Grapefruit</li> <li>Longon (polyol)</li> <li>Lychee (polyol)</li> <li>Rambutan (polyol)</li> <li>Grapes (10-15/serving; fructose)</li> <li><i>*with moderation</i></li> </ul>	<ul style="list-style-type: none"> <li>Apples (fructose and polyol)</li> <li>Apricots (polyol)</li> <li>Banana (ripe)</li> <li>Blackberries (polyol)</li> <li>Cherries (fructose and polyol)</li> <li>Dried fruits (fructose)</li> <li>Fruit juices (fructose)</li> <li>Grapes (&gt;15/serving; fructose)</li> <li>Mango (fructose)</li> <li>Nectarines (polyol)</li> <li>Peach (polyol)</li> <li>Pears (fructose and polyol)</li> <li>Persimmon (polyol)</li> <li>Plum (polyol)</li> <li>Watermelon (polyol, fructose)</li> </ul>
<b>LEGUMES</b> ⊛		<ul style="list-style-type: none"> <li>Red Kidney Beans (canned)</li> <li>Sprouted mung beans</li> </ul>	<ul style="list-style-type: none"> <li>Adzuki beans</li> <li>Chickpeas</li> <li>Red Kidney Beans (dried)</li> <li>Lentils</li> </ul>



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FOOD GROUPS	SAFE	CAUTION	AVOID
NUTS	⊛	<b>Most nuts and nut butter</b> (cashews, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds)	<b>Pistachios</b> (fructans) <b>Almonds</b> <b>Hazelnuts</b>
GRAINS ⊛	100% spelt bread Rice Oats Polenta Arrowroot Millet Psyllium Quinoa Sorghum Tapioca Sprouted barley	⊛	<b>Wheat and Rye</b> (in large amounts eg. bread, crackers, cookies, couscous, pasta)
PROTEIN ⊛	Spirulina Firm tofu Tempeh Nutritional Yeast	Pea protein isolate Rice Protein Isolate	Silken tofu
FATS	Coconut oil Ghee, butter, cream* Lard Olive oil Macadamia oil Homemade mayo Olives Garlic-infused oil * only if casein is tolerated	Avocado (polyol) Guacamole (polyol)	Salad dressings, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)
DAIRY ALTERNATIVES	Macadamia milk* Oat milk* Rice milk* Soy milk* Soy cheese* Coconut yogurt* (unsweetened) *check for additives	Almond milk Coconut milk	Quinoa milk Soy yogurt



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FOOD GROUPS	SAFE	CAUTION	AVOID
TREATS	 (best to be avoided for a little while)	Dried coconut, unsweetened Coconut sugar Maple syrup Coconut milk/cream/butter Coconut flour Dark chocolate Cocoa powder, unsweetened Sugar* (sucrose) Glucose, Artificial Sweeteners (not ending in '-ol') Honey, Golden Syrup, Molasses, Treacle	High-fructose corn syrup (fructose) Agave syrup (fructose) Honey (fructose) Sugar-free treats (polyol) Artificial sweeteners (ending in -ol)
SEASONINGS AND OTHER INGREDIENTS	Salt & Pepper Fresh herbs Dried herbs Ginger Garlic-infused oil Lemon/lime juice Spices (avoid blends that may contain onion/garlic powder) Asafoetida powder (taste similar to onion; for onion-free, low-FODMAP recipes!) Olive tapenade Sun-dried tomatoes Vinegars (red wine, apple cider)	Guacamole (polyol) Balsamic Vinegar  <i>*with moderation</i>	Chicory (fructans) Fructo-oligosaccharide (fructans) Inulin (fructans) Prebiotic (often is fructans) Onion and garlic powder (fructans) Gums, carrageenan and other thickeners or stabilizers Sugar-alcohols (sorbitol, mannitol, xylitol, isomalt...) Medicine & supplements (read the ingredients or talk to your pharmacist)
DRINKS AND ALCOHOL	Water Tea (green, oolong, black, mate, rooibos)	Teas with unsafe fruits Dry wines Coffee Kombucha (small amounts) <i>*with moderation... these can be irritants to the gut</i>	Sweeter wines Port wines Beer (contains gluten and some also contain mannitol) Fruit juices Sodas

