

Food catagories

What
food goes?
where!



Lets get straight to the point....what foods fall into what category? I always get asked this and it seems quiet confusing for a lot of people. Probabably because the health and food industry give out such poor information.

What category a food falls into is based on the main macronutrient in said food. Yes some foods have multiple macros and I have put them in two categories for your understanding, but this guide will hopefully help you see where certain foods lie and make things a little less stressful....I hope!

This will be helpful when looking at the basic eating style or other eating styles you wish to go with and for putting meals together and or doing food combining.

I have listed the main foods that I see the majority of people consume, so if I have left anything out that you feel should be below, please pm or email me to ask what category it falls in and if I could 'maybe' add it to this PDF :).

***If a food is not 'approved' then it will NOT be below. in any catagory.**

Protein;

Bacon, Beef, Bison, Boar, Chicken, Collagen protein, Eggs, Elk, Hemp protein, Lamb, Pea protein, Pork, Sea food, Turkey, Veal, Venison, Whey protein, Pepperoni, Jerky.

Cheeses that fall into the protein category;
Low fat Cheddar, Low fat Cottage cheese, Curds, Ricotta, Parmesan, Swiss cheese, Gruyere, Hard Goats cheese, Low fat Monterrey, Edam, Gouda, Provolone, Low fat Mozarella.

Fats and fatty cheeses;

Nuts, Seeds, Grass fed butter, Ghee or Clarified butter, Extra virgin olive oil, Avocado, Macadaemia oil, Avocado oil, Coconut products, MCT oil, Tallow, Cream cheese, Cottage cheese, Mozzarella, Colby, Feta, Blue cheese, Cheddar, Brie, Goat cheese, Olives, Cacao butter, Cacao nibs, Duck fat, Lard, Nut and seed butter, Unsweetened Nut milks, Raw or 80-100% Dark chocolate.

Dairy;

Full fat plain greek yogurt, Full fat palin yogurt, 0% plain yogurt, Butter, Cheese, Heavy whipping cream, Sour cream, Whey.

Starchy Carbohydrate Vegetables;
Potatoes, Sweet Potatoes, Yam, Turnip, Taro, Beets, Celery root, Squash, Corn, Parsnip, Radish, Plantain, Peas, Sugar snap peas, Legumes including chick peas, Carrots.

Non starchy Carbohydrate Vegetables;
Spinach, Kale, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Asparagus, Celery, Green beans, Mange tout, Green Peppers, Garlic, Lettuces Mushrooms, All onions, Zucchini, Cucumber, Sprouts, fermented cucumbers and cabbages. All spring or salad greens.

Other Carbohydrates;
White/Jasmine/Sprouted/Black and Red rice, Rice noodles, Pasta (durum), Quinoa, Organic 100% corn tortilla, Sprouted bread, Ezekiel bread, Sprouted wraps, Kaniwa, Tiger nut, Kammut, Arrowroot, Buckwheat, Organic Gluten free oats, Organic nacho chips, Hummus, Raw Honey, Organic Pure Maple Syrup, Sugar free Salsa, Raw or 80-100% Dark chocolate, Kombucha.

Fruit which is a carbohydrate;
Berries (all fruits that end in the word 'berry'), Lemon,
Limes, Cherrys, Purple grapes, Pomegranate, Granny
smith apples, Dates, Prunes, Oranges, Peaches, Kiwi,
Apricots, Grapefruit, Watermelon, Nectarines,
Mandarins, Satsumas, Tomatoes, Red/orange, yellow
peppers, Pico de gallo, Pumpkin.

Seasonings/fairydust
(some of these maybe a carb);
Celtic sea salt, Pink Himalayan salt, Aztec salt, Black
pepper corn, All Vinegars, Mustards, Hot sauce, Tabasco,
Cholula, Horseradish, Relish, Sugar free BBQ sauce,
Sugar free Ketchup, Worcester sauce, All Chili's, Ginger,
Nutmeg, Turmeric, Pumpkin spice, Cinnamon
(preferably ceylon), Raw cocoa powder, All Herbs , Pure
extracts (Vanilla, Mint, Caramel, Maple, Orange, Lemon,
Coffee, Chocolate), 100% Pure maple syrup, Pure
coconut syrup, Raw honey, Yakon syrup, Birch syrup, Lo
han kuo or Monk fruit, Stevia, Xylitol, Erythritol. APPLE
CIDER VINEGAR ;)