THE LISTS
green, orange, red...

The lists to live your life by. These lists will make Banting easy to follow. Traffic rules apply. Green means go, Orange means proceed with caution and Red means no.

Green List

Green is an all-you-can-eat list - you choose anything you like without worrying about the carbohydrate content as all the foods will be between 0 to 5g/100g.

It will be almost impossible to overdo your carbohydrate intake by sticking to this group of foods. Overeating protein is not recommended, so eat a moderate amount of animal protein at each meal. Include as much fat as you are comfortable with - bearing in mind that Banting is high in fat. Caution: even though these are all-you-can-eat foods, only eat when hungry, stop when full and do not overeat. The size and thickness of your palm without fingers is a good measure for a serving of animal protein.

ANIMAL PROTEIN (unless these have a rating, they are all 0g/100g)
- All eggs
- All meats, poultry and game
- All offal
- All natural and cured meats (pancetta, parma ham, coppa etc.)
- All natural and cured sausages (salami, chorizo etc.)
- All seafood (except swordfish and tilefish - high mercury content)

DAIRY
- Cottage cheese
- Full-cream Greek yoghurt
- Soft cheeses
- Cream
- Full-cream milk
- Cream cheese
- Hard cheeses

FATS
- Any rendered animal fat
- Coconut oil
- Lard
- Avocado oil
- Duck fat
- Macadamia oil
- Butter
- Ghee
- Olive oil
Mayonnaise, full fat only (not from seeds oils)
Cheese - firm, natural, full-fat, aged cheeses (not processed)

FLAVOURINGS AND CONDIMENTS
All flavourings and condiments are okay, provided they do not contain sugars and preservatives or vegetable (seed) oils.

NUTS AND SEEDS
Almonds
Pine nuts
Sunflower seeds
Macadamia nuts
Pumpkin seeds
Flaxseeds (ground flaxseeds go rancid quickly and become toxic)

SWEETENERS
Erythritol granules
Stevia powder
Xylitol granules

VEGETABLES
All green leafy vegetables (spinach, cabbage, lettuces etc.)
Any other vegetables grown above the ground (except butternut)
Artichoke hearts
Asparagus
Avocados
Broccoli
Cabbage
Cauliflower
Courgettes
Leeks
Olives
Onions
Pumpkin
Radishes
Spring onion

Orange List

Orange is made up of ingredients containing between 6g and 25g of carbs per 100g (6% - 25%). Chart your carbohydrates without getting obsessive and still obtain an excellent outcome. If you are endeavouring to go into ketosis, this list will assist you to stay under a total of 50g carbs for the day. These are all net carbs and they are all 23 to 25g per indicated amount. Ingredients are all fresh unless otherwise indicated.

FRUITS
Apples 1.5
Blueberries 1.5 C
Figs 3 small
Guavas 2
Mangos, sliced, under 1 C
Pawpaw 1
Pineapple, sliced, 1
Prickly pears 4
Strawberries 25
Bananas 1 small
Cherries (sweet) 1 C
Gooseberries 1.5 C
Kiwi fruits 3
Nectarines 2
Peaches 2
Plums 4
Quinces 2
Watermelon 2 C
Blackberries 3.5 C
Clementines 3
Grapes (green) <1 C
Litchis 18
Oranges 2
Pears (Bartlett) 1
Pomegranate ½
Raspberries 2 C

NUTS
Cashews, raw, 6 T

SWEETENERS
Honey 1 t

VEGETABLES
Butternut 1.5 C
Carrots 5

KEY:
C = cups per day
T = tablespoons per day
g = grams per day

For example: 1.5 apples are all the carbs you can have off the orange list for the day (if you want to go into ketosis and make sure you are under 50g total carbs for the day).
Real Red will contain all the foods to avoid as they will be either toxic (e.g. seed oils, soya) or high-carbohydrate foods (e.g. potatoes, rice). We strongly suggest you avoid all the items on this list, or, at best, eat them very occasionally and restrict the amount when you do. They will do nothing to help you in your attempt to reach your goal.

**BAKED GOODS**
- All flours from grains (wheat flour, cornflour, rye flour, barley flour, pea flour, rice flour etc.)
- All forms of bread
- Beans (dried)
- Breakfast cereals, muesli, granola of any kind
- Cakes, biscuits, confectionary
- Couscous
- Pastas, noodles
- Sorghum
- Thickening agents (e.g. such as gravy powder, maize starch or stock cubes)

**BEVERAGES**
- Beer, cider
- Fizzy drinks (sodas) of any description other than carbonated water
- Lite, zero, diet drinks of any description

**DAIRY / DAIRY-RELATED**
- Cheese spreads, commercial spreads
- Commercial almond milk
- Ice cream
- Rice milk
- Coffee creamers
- Condensed milk
- Puddings
- Soy milk
- Fat-free anything
- Reduced-fat cow’s milk

**FATS**
- All seed oils (safflower, sunflower, canola, grapeseed, cottonseed, corn)
- Commercial sauces, marinades and salad dressings
- Hydrogenated or partially hydrogenated oils including margarine, vegetable oils, vegetable fats
- Chocolate

**FRUITS AND VEGETABLES**
- Fruit juice of any kind
- Vegetable juices (other than home-made with Green list vegetables)

**GENERAL**
- All fast food
- All processed food
- Any food with added sugar such as glucose, dextrose etc.

**MEAT**
- All unfermented soya (vegetarian “protein”)
- Meats cured with excessive sugar
- Luncheon meats
- Vienna sausages

**STARCHY VEGETABLES**
- Beetroot
- Peanuts
- Parsnips
- Potatoes (regular)

**SWEETENERS**
- Agave anything
- Artificial sweeteners (aspartame, acesulfame K, saccharin, sucralose, splenda)
- Cordials
- Honey (except for 1t on orange list)
- Sugared or commercially pickled foods with sugar
- Syrups of any kind
- Dried fruit
- Malt
- Sweets
- Fructose
- Sugar

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!