



## 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 |
| Broths   | 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           | Cream           | Cream cheese |
| Full-cream Greek yoghurt | Full-cream milk | Hard cheeses |
| Soft cheeses             |                 |              |

#### **FATS**

- |                         |               |           |
|-------------------------|---------------|-----------|
| Any rendered animal fat | Avocado oil   | Butter    |
| Coconut oil             | Duck fat      | Ghee      |
| Lard                    | Macadamia oil | 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)

Pecan nuts

Walnuts

## 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

Avocados

Cabbage

Courgettes

Olives

Pumpkin

Spring onion

Asparagus

Broccoli

Cauliflower

Leeks

Onions

Radishes

Tomatoes

Aubergines

Brussel sprouts

Celery

Mushrooms

Peppers

Sauerkraut

# 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

Chestnuts, raw, 1 C

## SWEETENERS

Honey 1 t

## VEGETABLES

Butternut 1.5 C

Carrots 5

Sweet potato 0.5 C

KEY: C = cups per day

T = tablespoons per day

t = teaspoons 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).

# Red List

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)

All grains (wheat, oats, barley, rye, amaranth, quinoa, teff etc.)  
“Breaded” or battered foods  
Brans  
Buckwheat  
Corn products (popcorn, polenta, corn thins, maize)  
Crackers, cracker breads  
Millet  
Rice  
Rice cakes  
Spelt

## 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  
Fat-free anything  
Reduced-fat cow’s milk

Condensed milk  
Puddings  
Soy 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  
Any food with added sugar such as glucose, dextrose etc.

All processed food

## MEAT

All unfermented soya (vegetarian “protein”)  
Meats cured with excessive sugar

Luncheon meats  
Vienna sausages

## STARCHY VEGETABLES

Beetroots  
Peanuts

Legumes  
Peas

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

Fructose  
Sugar  
Sweets

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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!