



**DON'T EAT THIS!**  
 The following foods are discouraged  
 on the Paleo Diet.  
 Updated June 2016

**REBELHEALTH**

DAIRY	BEANS & LEGUMES	STARCHY TUBERS	ALCOHOL/BEV
Milk Heavy Cream Whipped Cream Pasteurized, <u>non-</u> grass fed butter* Cheese Creamer Yogurt Ice Cream	Peanuts/peanut butter Beans Legumes Lentils Soy beans ( <i>tofu, all soy products</i> ) Cashews	Cassava root Tapioca	Beer Wine Spirits Soda ( <i>reg/diet</i> )

HIGHLY PROCESSED	HIGH SALT-CONTAINING FOODS		
Preservatives Hydrogenated fats Grain-based baked goods Chips Cookies/Bread Cereal <i>(No, Fruity Pebbles is not Paleo because it has Cavemen on the box!)</i> Bacon, cheap, cured	Almost all commercial salad dressings & condiments Cheese Conventional deli meats ( <i>containing preservatives</i> ) Frankfurters	Hot dogs Ketchup Pork rinds Processed meats Salami	Highly processed sausages *3 Smoked, dried, and salted fish and meat with preservatives/ cured ( <i>pepperoni</i> )

GRAINS	SUGAR	OTHER
Amaranth Barley Bread/Pasta Bulgur (wheat) Corn Kamut Millet Oats Quinoa Rice, all Rye Spelt Wheat	Sugar Honey Agave Nectar Candy/Sweets Soda Artificial Sweetener <i>Nutrasweet Splenda, Equal, (Pink, Yellow, Blue)</i> High Fructose Corn Syrup Added Fructose Gatorade Sugar substitutes ending in -ose, -ilytol or -tol	Margarine Generic cooking oils ( <i>Smart Balance, Enova</i> ) Canola Oil ( <i>Rapeseed Oil</i> ) Soybeans & Soybean Oil Corn Oil Peanut Oil Grapeseed Oil Cottonseed oil Safflower oil Sunflower seed oil Soy Sauce/Tamari Added Salt

**Referenced above:**

\*2 Richards, Nature's Food Patch, Wildfields, Whole Foods, Trader Joes & The Fresh Market are our Pinellas County Health Food Stores. Bulk nuts are generally less costly than pre-canned, "salted" nuts. Salt is OK, but don't go overboard.

\*3 Sausages...meaning the Jimmy Dean, highly processed, high in salt kind. Opt for all natural from Nature's Food Patch, Whole Foods or Rosas. Some better brands at Publix might include Aidells.