



Eating **PALEO** *is actually* *pretty simple.*

Eat foods that our ancestors might have eaten 1,000,000 years ago. But as simple as that sounds, it's not always obvious whether a food existed that long ago.

And more importantly, that's only a starting point. It makes sense that a food will probably be safe and healthy if it has been eaten for a million years, but newer foods definitely could be healthy.

So to make going Paleo as easy as possible, I've put together this Paleo Diet Food List.

Here are 3 things to keep in mind:

1. Other Paleo food lists might be different. Many lists haven't been updated in ages, so they rely on outdated science and myth. This list is based on the most up-to-date understanding of each of these foods.

Even so, it's certainly possible to disagree that certain foods should or should not be eaten on a Paleo diet. For instance, potatoes and white rice are a big source of disagreement. You're never going to get complete agreement, but this list is an excellent

place to start.

2. This list should be customized for your particular body and life. If you're diabetic and severely obese, then you probably shouldn't be eating hardly any potatoes, sweet potatoes, or anything else that spikes your blood sugar, at least not until you get your blood sugar under control. On the other hand, if you're 25 years old and incredibly active, you probably need to eat a lot more sweet potato and taro.

3. If you have specific goals, specific allergies, or specific diseases, then one or more of these foods may not make sense. If you want to lose weight, cut out almost all nuts for a while. If you've got irritable bowel syndrome, even berries may not be a good idea. Those sorts of things are not covered in this list because there are just too many possibilities.

In order to make things even easier, I've divided the list into 3 parts:

- Foods you can eat as much as you want of.
- Foods you should eat just a little bit of.
- Foods you should not eat at all.

EAT AS MUCH AS YOU WANT OF THESE PALEO FOODS

VEGETABLES

Pretty much all vegetables are Paleo. Just remember that grains like corn, wheat, and rice are NOT vegetables.



Acorn Squash, Artichoke Hearts, Artichokes, Arugula (Rocket), Asparagus, Avocado, Beet Top, Beets, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chicory, Collard Greens, Cucumber, Dandelion, Eggplant, Endive, Fennel, Green Onions, Jerusalem Artichokes, Jicama, Kale, Kohlrabi, Leeks, Lettuce, Mushrooms (All Kinds), Mustard Greens, Okra, Onions, Parsley, Parsnips, Peppers (All Kinds), Pumpkin, Radicchio, Radish, Rapini, Seaweed (All Sea Vegetables), Spaghetti Squash, Spinach, Squash, Swiss Chard, Tomatoes, Turnip Greens, Watercress, Yellow Crookneck Squash, Yellow Summer Squash, Zucchini, fermented vegetables like Kimchi, Sauerkraut

FRUITS

Most fruits are different than they were a million years ago, but some are healthier than others. Here are the best.



Blackberry, Blueberry, Coconut, Cranberry, Raspberry, Olives, Lime, Lemon

MEATS

Every meat is Paleo, but quality makes a difference. Buy grass-fed, wild, and pastured when applicable and possible. Also, ignore any sites that tell you to eat only lean meats – that advice is based on 20-year old research and beliefs. If you have trouble getting good quality meats in the US, then check out [US Wellness Meats here](#).



Alligator, Bear, [Beef](#), [Bison](#), [Chicken](#), Deer, Duck, Duck, Elk, Goat, Goose, Horse, Kangaroo, Lamb, Moose, Pheasant, Pork, Quail, Rabbit, Rabbit, Reindeer, Sheep, Snake, Turkey, Veal, Wild Boar, Wild Turkey

ORGAN MEATS

In the United States, organ meats have fallen out of favor, but there is no other category of food that is as nutritious. Eat any of the following from pretty much any animal.



Heart, Liver, Kidney, Bone Marrow, Tongue, Tripe

LEGUMES

Almost all legumes are off limits, but green beans and peas are actually still in seed form and are fine to eat.



Green Beans and Peas

COOKING OILS

Pay particular attention to the oils that you cook in. These can make a huge difference in your overall health.



[Avocado Oil](#), [Ghee](#), [Coconut Oil](#), Lard, Tallow, [Olive Oil](#), [Macadamia Oil](#), Palm Oil (not palm kernel oil), [Red Palm Oil](#), Palm Shortening, [Duck Fat](#), Butter (if you tolerate dairy), [Walnut Oil](#) (small amounts), [Sesame Oil](#) (small amounts)

FISH

This is something that mainstream health has always gotten right. Fish is highly nutritious, but buy wild-caught fish whenever possible. In the US, [check out Vital Choice](#).



Anchovies, Bass, [Cod](#), Eel, Haddock, [Halibut](#), [Mackerel](#), Mahi Mahi, Orange Roughy, Perch, Red Snapper, Rockfish, [Salmon \(including Smoked Salmon\)](#), [Sardines](#), Tilapia, [Tuna](#), Sole, Grouper, Turbot, Trout, Shark

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SHELLFISH AND OTHER SEAFOOD

Apart from organ meats, shellfish is the most nutrient-dense food you can eat. Often expensive, but worth it.



Abalone, Clams, Crab, Lobster, [Mussels](#), Oysters, [Shrimp](#), Scallops

OTHER

These foods do not neatly fall into any other category, but you should eat them at will.



Eggs (of any animal), [Cured and Premade Meats](#) (e.g., [sausages](#), [salami](#), [bacon](#) - [check ingredients](#)), Spices (learn to cook with a variety of spices – check the ingredient list though to avoid MSG, added sugar, and food coloring), [Coconut Milk](#) and Almond Milk (sugar-free and best to find ones without thickeners like guar gum), [Shredded Coconut](#), Herbs, [Mustard](#), [Hot Sauce](#) (check ingredients), Vinegars (check the ingredients to make sure they don't have added sugar or wheat), [Gluten Free Tamari Sauce](#) or [Coconut Aminos](#), [Fish Sauce](#) (check ingredients), [Vanilla Extract](#), [Gelatin](#) (as a powder or from bone broth), [Tea](#)

EAT THESE FOODS, BUT NOT TOO MUCH

VEGETABLES

There isn't anything wrong with the following vegetables, but it's easy to eat too much of them. The more active you are, the less you need to worry about avoiding these vegetables.



Butternut Squash, Cassava, Sweet Potato, Taro, Turnips, Yam, Potato

FRUITS

These fruits are still Paleo, but you should eat them only occasionally.



Apples, Apricot, Bananas, Cantaloupe, Cherries, Dates, Figs, Goji Berry, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lychee, Mango, Nectarines, Oranges, Papaya, Plantains, Passion Fruit, Peaches, Pears, Persimmon, Pineapple, Plums, Pomegranates, Star Fruit, Strawberry, Tangerine, Watermelon

NUTS AND SEEDS

Humans have also always eaten nuts and seeds, but like fruits, you shouldn't go wild, since humans rarely had access to plentiful supplies of nuts and seeds.



[Almonds](#), [Brazil Nuts](#), [Hazelnuts](#), [Macadamias](#), [Pecans](#), [Pine Nuts](#), [Pistachios](#), [Pumpkin Seeds](#), [Sesame Seeds](#), [Sunflower Seeds](#), [Walnuts](#), [Chestnuts](#), [Cashews](#), [Chia Seeds](#)

RAW OR FERMENTED DAIRY

This is a special category. You should eliminate these foods for at least a month, then reintroduce them to see how they make you feel.



Raw, unpasteurized milk, Kefir, Full-Fat Yogurt, Raw Cheese

OTHER

These foods cause some people more problems than others, so it's best to eliminate them for a while, then test out how they make you feel. Eat them in small amounts.



[Dark Chocolate](#) (at least 85%), [Coffee](#), Fermented Foods (e.g., Kombucha, Coconut Kefir, Kimchi, Natto), [Raw Honey](#) (small amounts), [Maple Syrup](#) (small amounts), [Coconut Sugar](#) (small amounts), [Molasses](#) (small amounts), [Stevia](#) (small amounts if necessary), [Almond Flour](#), [Coconut Flour](#), [Arrowroot Powder](#), [Tapioca Starch](#), [Potato Starch](#), Dried Fruits (small amounts), Fruit Juices (small amounts), [Cacao Powder](#) (unsweetened)

AVOID THESE FOODS

SWEETENERS



If a food has added sugar in any form, avoid it. While the healthiest route is just to forgo them all, we know that sometimes it's not practical.

Sugar, High Fructose Corn Syrup, Artificial Sweeteners, Agave, Maltodextrin, Corn Syrup, Rice Syrup, Any Soda, Any Candy, (Raw Honey, Molasses, Maple Syrup, Stevia, Coconut Sugar are often considered OK in small amounts occasionally)

VEGETABLE AND SEED OILS



There are few things that will derail your health as much as these oils. With so many healthy oils to choose from (above), make sure to avoid these.

Corn oil, Canola oil, Vegetable oil, Soybean oil, Shortening, Sunflower oil, Safflower oil, Cotton seed oil, Grapeseed oil, Peanut oil, Margarine

GRAINS



Grains are not evil, but they're very low in nutrients and relatively high in toxins. It's best to skip them all. White rice is often considered OK in small amounts if you are fairly athletic and healthy and don't have blood sugar issues or don't need to lose weight.

Wheat, Barley, Corn, Millet, Oats, Brown Rice, Rye, Sorghum, Spelt, Any Pasta, Any Bread, Any Crackers, Any Cookies, Waffles, Pancakes, Pizza, Rice Cakes

PASTEURIZED DAIRY



While raw and fermented dairy has some redeeming qualities, these highly-processed forms of dairy should be avoided.

Milk, Ice Cream, Yogurt, Cream, Sour Cream (unless these are raw and/or fermented and you tolerate dairy well)

LEGUMES



Of all the things on the list of foods to avoid, beans are the least bad. Still, there's not a whole lot of reason to eat them, and if you have digestive issues or are trying to lose weight, you'll do much better without these in your diet. Peanut and soy products are best avoided.

Garbanzo Beans, Black Beans, Kidney Beans, Mung Beans, Lima Beans, Chickpeas, Black-Eyed Peas, Lentils, Peanuts, Soybeans, Tofu, Soymilk, White Beans, Pinto Beans, Fava Beans, Red Beans

ALL PROCESSED FOODS



This is a catch-all, but an important one.

If it doesn't look like it was recently part of a plant or animal, don't eat it. While there are exceptions to this rule, it's best to stick to the rule for as long as possible. In particular, this includes a lot of artificial flavorings, preservatives (may be difficult to avoid some nitrates), and artificial colorings.

OTHER



For optimal health, also avoid the following:

Alcohol (including beer, wine, and spirits), Pseudo-grains (including buckwheat and quinoa)



The background is a soft-focus photograph of a desk. In the foreground, a white bowl filled with various fruits like strawberries, blueberries, and orange slices sits on top of a stack of books. The top book is 'The Short Stack Cookbook' by Fauchald & Goalen. To the left, a white rotary telephone is visible. A desk lamp is positioned behind the bowl, and a small potted plant is to the left. The overall scene is bright and clean, suggesting a healthy lifestyle.

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A program dedicated to help you push a reset button on your body, lose weight and regain your health and energy

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