

A FAT LOT OF GOOD

RED ZONE: EAT LITTLE

AMBER ZONE: EAT SOME

GREEN ZONE: EAT PLENTY

MEAT VEGETABLES SEEDS

- Beef
- Lamb
- Pork
- Chicken
- Pancetta
- Prosciutto
- Bacon
- Salami
- Liver
- Brains
- Kidneys
- Heart
- Cabbage
- Cauliflower
- Broccoli
- Brussel Sprout
- Asparagus
- Zucchini
- Eggplant
- Olives
- Spinach
- Silverbeet
- Mushrooms
- Cucumber
- Lettuce
- Onions
- Capsicums
- Tomatoes
- Flaxseed
- Chia
- Pumpkin
- Sunflower
- Sesame

FLOUR

- Almond Flour
- Coconut Flour

FATS & SAUCES

- Olive Oil
- Butter
- Cocoa Butter
- Avocado Oil
- Coconut Oil
- Lard
- Tallow
- Ghee
- Mayonnaise
- Mustard
- Pesto

DAIRY

- Cream
- Butter
- Cheese
- Cottage Cheese
- Greek Yoghurt

NON-DAIRY

- Coconut Milk/Cream
- Nut Butters

ALTS

FISH

- Cod
- Crab
- Lobster
- Halibut
- Mackerel
- Mussels
- Oysters
- Plaice
- Salmon
- Sardines
- Scallops
- Shrimp
- Trout & Tuna

OTHERS

- Avocado
- Eggs
- Spices
- Herbs
- Lemon & Lime juice
- Dark chocolate
- Berries

FERMENTED

FOODS

- Kimchi
- Kombucha
- True Pickles
- Sauerkraut

VEGETABLES

- Sweet Potato
- Pumpkin
- Potatoes
- Corn on the cob
- Butternut squash

FRUITS

- Apples
- Apricots
- Peaches
- Pears
- Lemons
- Limes
- Oranges

LEGUMES

- Kidney beans
- Lentils
- Tofu

MILK

- Full fat milk
- Soy milk
- Rice milk

NUTS

- Cashews
- Chestnuts
- Pistachios

SAUCES

- Tomato sauces
- Tomato relishes
- Barbeque sauces
- Chutney

OTHERS

- Diet drinks
- Low carb energy bars
- Red or White Wine
- Beer (low-carb)
- Spirits

GRAINS

- Bread
- Cakes
- Cereal
- Chickpeas
- Corn
- Couscous
- Crumpets
- Lentils
- Legumes
- Noodles
- Muffins
- Muesli
- Muesli bars
- Oats
- Pasta
- Pastries
- Peas
- Pies
- Pizza
- Quinoa
- Rice
- Rice cakes
- Flour
- Energy bars

DRINKS

- Fruit juices
- Cordials
- Sports Drinks
- Energy Drinks
- Flavoured milks
- Tonic Water
- Colas
- Lemonade

ALCOHOL

- Dessert wines
- Liqueurs
- Sugary mixers

FRUITS

- Mango
- Pineapple
- Banana
- Grapes
- Dried Fruits

MEATS

- Highly processed
- Hotdogs
- Nuggets
- Spam

SUGAR

- Soft drink
- Confectionery
- Chocolate
- Cakes
- Biscuits
- Ice Cream

OTHERS

- Margarine
- Flavoured yoghurts
- Frozen yoghurts
- Artificial Sweetener
- Anything deep-fried
- in seed oils

VEGETABLE OILS

- Canola oil
- Sunflower oil
- Safflower oil
- Cottonseed oil
- Rapeseed oil

