



CFAS 2021 Summertime Challenge

Nutrition Levels Comparison Chart

Created in collaboration with Whole Life Challenge and Fine Tune Nutrition. When you see * next to “Yes” it indicates foods that are compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.
** means foods are technically allowed on a given level, but not recommended.

PROTEIN	Level 3	Level 2	Level 1
Beef, pork, chicken, turkey, duck, towel, fish, seafood, shellfish, eggs	Yes	Yes	Yes
Bacon (w/nitrates or sugar or celery salt)	No	Yes	Yes
Deli meats (with ingredients other than meat, water, salt)	No	No	Yes*
1 Non-dairy, non-whey based protein supplement with no added white sugar per day	Yes	Yes	Yes
Whey Protein	No	Yes	Yes

VEGETABLES & LEGUMES	Level 3	Level 2	Level 1
Most vegetables	Yes	Yes	Yes
Winter squashes	Yes	Yes	Yes
Sweet Potatoes, yams	Yes*	Yes*	Yes*
White potatoes, corn	No	Yes*	Yes*
Beans and legumes	No	Yes*	Yes*
Fermented Soy (tempeh, miso)	No	Yes*	Yes*
Soy (edamame, tofu)	No	No	Yes*

FRUIT	Level 3	Level 2	Level 1
All Fruits	Yes*	Yes*	Yes*
Lemon and lime juice	Yes	Yes	Yes
Dried fruit with added sugar	No	No	No

NUTS & SEEDS	Level 3	Level 2	Level 1
Most nuts and seeds (including nut butters)	Yes*	Yes*	Yes*
Peanuts (including peanut butter)	No	Yes*	Yes*

FATS & OILS	Level 3	Level 2	Level 1
Olive oil, coconut oil, avocado oil, butter, beef fat (tallow), duck fat	Yes	Yes	Yes
Avocados, coconuts, olives	Yes	Yes	Yes
Ghee (clarified butter)	Yes	Yes	Yes
Nut oils, flaxseed oil	Yes	Yes	Yes
Pork fat (lard), bacon fat	Yes*	Yes*	Yes*
Industrial vegetable & seed oils - Canola, corn, peanut, safflower, soybean, sunflower, grapeseed, peanut	No	No	No
Hydrogenated oils	No	No	No

GRAINS	Level 3	Level 2	Level 1
Rice (brown, wild), quinoa, oatmeal, buckwheat, amaranth	No	Yes*	Yes*
Rice flour & quinoa flour	No	Yes*	Yes*
Corn tortillas, corn flour	No	No	Yes*
Wheat flour	No	No	No
Bread, bagels, muffins, flour tortillas, Ezekiel bread	No	No	No
Pasta or noodles of any kind (bean, rice, quinoa), couscous, barley, farro	No	No	No
Cereals (other than oatmeal)	No	No	No

ALCOHOL & BEVERAGES	Level 3	Level 2	Level 1
Coffee, tea, kombucha, coconut water	Yes	Yes	Yes
Vegetable juice	Yes*	Yes*	Yes*

ALCOHOL & BEVERAGES	Level 3	Level 2	Level 1
Wine & spirits	1x 4oz. glass/day**	1 x 6oz. per day**	1 x 6oz. per day**
Fruit juice, milk	No	No	Yes*
Soda - regular & diet	No	No	No
Beer	No	No	No

DAIRY	Level 3	Level 2	Level 1
Ghee	Yes	Yes	Yes
Butter	No	Yes	Yes
Yogurt plain greek, kefir, whey protein, cottage cheese	No	Yes	Yes
Milk, cream, buttermilk, sour cream	No	No	Yes*
Cheese	No	No	No

SUGAR, SWEETENERS, COCOA			
Stevia, monk fruit	Yes	Yes	Yes
Coconut sugar and nectar	Yes	Yes*	Yes*
White/brown sugar, honey, maple syrup, agave, other sweeteners	No	1 tsp. honey per meal (in moderation)	1 tsp. honey per meal (in moderation)
Dessert, candy, sweets	No	No	No
Cocoa Powder, 100% Unsweetened chocolate, or sweetened with coconut sugar or stevia	Yes	Yes	Yes

SNACKS & ARTIFICIAL INGREDIENTS	Level 3	Level 2	Level 1
Sweet potato or vegetable 'fries' or chips BAKED or AIRFRIED	Yes*	Yes*	Yes*
White potato 'fries' BAKED or AIRFRIED	No	Yes*	Yes*
Sweet potato 'fries' FRIED (only in approved oil)	No	Yes*	Yes*
Hummus	No	Yes	Yes

SNACKS & ARTIFICIAL INGREDIENTS	Level 3	Level 2	Level 1
Guar gum, xanthan gum, arrowroot, tapioca, natural or artificial flavors	No	Yes*	Yes*
Nitrates, nitrites, benzonates, MSG, hydrogenated oils	No	No	Yes**
Popcorn	No	No	No
Fried chips of any kind, white potato 'fries' FRIED (french fries)	No	No	No