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The longevity paradox diet food list

Here's the definitive paleo diet food list in which you'll find a list of all the paleo diet fruits, vegetables, meats, nuts, seeds, and oils that you are allowed to consume while on the paleo diet. So with that being said let's jump straight into this epic and comprehensive paleo diet food listing. Paleo Diet Food List Here's a quick rundown of the foods you should and should not eat while on the paleo diet. We'll go into more detail about each category and any specific food and drink types in the next section below. Eat Fish Seafood Grass-fed Meats Fresh Vegetables Nuts Eggs Seeds Healthy Oils Do NOT Eat Dairy Potatoes Processed Foods Very Salty Foods and Snacks Refined Vegetable Oils Candy and Junk Food Cereal Grains Legumes Paleo Diet Meats List Here's the complete listing of all the paleo diet meats that are allowed on the diet. Technically, almost all meats are considered paleo, as long as they aren't highly processed or high in fat such as hot dogs, spam, vienna sausages, or any of those other types of "meats." If the meat you are wanting to consume used to moo, oink, or make any other type of sound, there's a very high chance that it's paleo. bacon beef jerky bison (and bison steaks) bison jerky bison ribeye bison sirloin chicken chicken legs chicken thigh chicken wings eggs (including chicken, duck and goose) elk emu goat goose grass-fed beef ground beef kangaroo lamb chops lamb rack new york steak ostrich pork pork chops pork tenderloins poultry quail rabbit rattlesnake reindeer steak veal bacon turkey turtle veal venison wild boar Paleo Diet Seafood and Fish List Here are all the fish, shellfish, mollusks, and general seafood that are all acceptable on the paleo diet. Basically if it swims and has fins, it's paleo. abalone anchovies bass carp clams cod crab crawfish crayfish croaker cuttlefish grouper halibut lobster mackerel mahi mahi marlin mussels octopus oysters perch pike pollock prawn red snapper rockfish salmon sardines scallops shark shrimp snapper sunfish swordfish tilapia trout tuna walleye Paleo Diet Fruit List Here are all the fruits that are acceptable on the paleo diet. Now although fruits are super delicious and good for you, most do contain large amounts of fructose. Although it's not high fructose corn syrup which is bad for you, it's still sugar. So if the main reason you're on a paleo diet is to lose weight, you should consider reducing your fruit consumption and instead consume more vegetables. But with that being said, here are all the paleo diet fruits. acai berry apple apricots avocado banana blackberries blueberries cantaloupe cherry clementine cranberry figs grapes guava kiwi kumquat lemon lime lychee mango oranges papaya passion fruit peach pear persimmon pineapple plums raspberries starfruit strawberries tangerine watermelon Now although starchy fruits like bananas are a great way to replace any lost energy from physical activity, these fruits should be limited if you're looking to lose weight while on the paleo diet. Sure fruits are always good for you, but you should remember to eat them in moderation. Paleo Diet Vegetable List Here's the complete listing of all paleo diet-friendly vegetables. Now just remember, although vegetables are healthy and almost always paleo, they do contain a lot of starch, making them quite low in nutritional value. But either way, they're still not bad for you, just not great either. arugula artichoke asparagus avocado broccoli brussels sprouts cabbage carrots cauliflower celery collard greens corn cucumber eggplant green onions parsley peas peppers spinach swiss chard watercress Paleo Diet Nuts List Here's the complete listing of all paleo diet friendly nuts. Now just remember to eat limited quantities of nuts that are high in fat such as cashews. Also, if your main goal on the paleo diet is to lose weight and body fat, you should limit the amount of nuts that you eat. So with that being said, here's the paleo diet nut listing. almonds cashews hazelnuts macadamia nuts pecans pinenuts walnuts Paleo Diet Oils List One of the best things about natural fats and oils is the fact that they are your body's primary source of creating energy. So with that being said, here are all the oils and fats that are acceptable on the paleo diet. avocado oil coconut oil grass-fed butter macadamia nut oil olive oil Foods to Avoid on Paleo Diet Here's the complete listing of all the foods that aren't allowed on the paleo diet. Sure it'll be hard at first to give up these foods, but in the long run your body will thank you. Plus, as an added bonus there are some better, healthier alternatives to some of these foods listed below. So with that being said, here are all the foods you shouldn't eat while following the paleo diet: Meats With High Fat Here are all the fatty meats that aren't paleo: hot dogs spam vienna sausages Dairy Here are all the dairy products you should avoid while paleo: 2% milk butter cheese cottage cheese cream cheese creamer dairy spreads frozen yogurt ice cream low fat milk powdered milk pudding pudding skim milk yogurt Soft Drinks Here are all the soft drinks and sodas that are not paleo due to their high amounts of high fructose corn syrup: coke cream soda dr pepper fanta mellow yellow mountain dew pepsi root beer sierra mist sprite Energy Drinks Here are all the energy drinks that aren't paleo: 5 hour energy monster mountain dew kickstart red bull rockstar starbucks iced coffees and frappuccinos Fruit Juice Here are all the fruit juices that aren't allowed on the paleo diet due to their high sugar content: apple juice cranberry cocktail grape juice mango juice orange juice passion fruit juice strawberry juice Alcohol Here are all the alcohols that aren't paleo: beer bourbon cognac rum whiskey Alcohols that are typically fine to consume on a paleo diet include tequila, vodka, gin, low-sugar hard cider, and wine. Vegetables High in Starch Here are all the vegetables that are high in starch that you should stay away from whilst on the paleo diet: acorn squash beets butternut squash potatoes (including french fries, even though they aren't technically a "vegetable") sweet potatoes yams yucca Grains While on the paleo diet, you should avoid all grains, as if you were on the gluten free diet. So with that being said, here are all the grains and grain products that aren't paleo: bread cereal corn crackers english muffins oatmeal pancakes pasta noodles sandwich bread toast wheat Legumes Here are all the legumes (all peas, beans, lentils, soybean products, etc) that you should definitely consider avoiding whilst on the paleo diet. black beans black eyed peas broad beans chickpeas fava beans garbanzo beans green beans horse beans kidney beans lentils lima beans miso mung beans navy beans peanuts pinto beans red beans snowpeas soybeans string beans sugarsnap peas tofu white beans Artificial Sweeteners No artificial sweetener is considered paleo mainly because they are artificial. Goodbye Splenda.... So if you really need to sweeten your foods, you should consider using natural sweeteners like honey and maple syrup. Acesulfame potassium ACK Ace K Equal Spoonful (also +aspartame) Sweet One Sunett Aspartame APM AminoSweet (but not in US) Aspartyl-phenylalanine-1-methyl ester Candere! (not in US) Equal Classic NatraTaste Blue NutraSweet Aspartame-acesulfame salt Cyclamate Not in US as per FDA Calcium cyclamate Cologran = cyclamate and saccharin (not in US) Sucaryl Erythritol Sugar alcohol Zerose ZSweet Glycerol Glycyrrhizin Hydrogenated starch hydrolysate (HSH) Isomalt Sugar alcohol ClearCut Isomalt Decomalt DiabetSweet (also contains Acesulfame-K) Hydrogenated Isomaltulose Isomaltitol Lactitol Maltitol Sugar alcohol Maltitol syrup Maltitol powder Hydrogenated High Maltose Content Glucose Syrup Hydrogenated maltose Lesys MaltSweet (hard to purchase) SweetPearl Mannitol NeotamePolydextrose Sugar alcohol (Derived from glucose and sorbitol) Saccharin Acid saccharin Equal Saccharin Necta Sweet Sodium Saccharin Sweet N Low Sweet Twin Sorbitol Sugar alcohol D-glucitol D-glucitol syrup Steviol glycoside Sucralose 1',4,6'-Trichlorogalactosucrose Trichlorosucrose Equal Sucralose NatraTaste Gold Splenda Tagatose Xylitol Sugar alcohol Smart Sweet Xylipure Xylosweet Anything that says "artificial" Snacks Here are all the snacks and pre-packaged eats that you need to avoid while paleo: chips crackers (such as wheat thins) cookies pastries pretzels Sweets and Candies Here are all the sweets and candies that should be avoided while you're on a paleo diet. And honestly, no matter what diet you're on, chances are you'll need to cut these sweet out completely. candy bars chocolate bars gummy bears (worms, etc) Basically any candy bar or candy you can think of needs to be cut out. ... Well that's the full paleo diet food list. Hopefully you enjoyed it and found it to be extremely beneficial. Thanks for reading and please share this with anyone on a paleo diet that you just know will absolutely love this. Cheers. H/T Ultimate Paleo Guide what to eat on the longevity paradox diet. what is the longevity paradox diet. the longevity paradox food list. what can you eat on the longevity paradox diet

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