



# THE RED LIST

THE RED FOOD LIST ITEMS MUST BE AVOIDED AT ALL COSTS. WE DON'T EVEN RECOMMEND THESE FOODS AS A ONCE-IN-A-WHILE TREAT, AS THEY ARE HIGHLY PROCESSED AND CONTAIN UNHEALTHY ADDITIVES AND CHEMICALS.

RED ITEM FOODS WILL ALMOST ALWAYS CONTAIN INGREDIENTS THAT ARE HARD TO PRONOUNCE

## THE BANTING POCKET GUIDE QUICK REFERENCE LISTS

For a more extensive list of foods, including the macro nutrient breakdown, please refer to our book The Banting Pocket Guide.

### ALL PRODUCTS CONTAINING ANY OF THESE INGREDIENTS

Atta (chapatti flour)  
Breaded or battered foods  
Cake flour, Chickpea flour  
Corn flour, Durum (wheat)  
Malt, Matzo meal, Modified wheat starch  
Oatmeal, Oat bran, Whole oats  
Potato starch, Rice flour  
Semolina, Sorghum, Soy flour  
Dried beans, Couscous  
Lentils, Pasta, Polenta  
Rice, Somp  
Split peas, Stampkoring  
Wheat germ, Wheat starch

### BEVERAGES

Canned coffee – generally containing other ingredients like dextrose, etc  
Tea with added artificial ingredients  
Fizzy drinks including diet or lite drinks  
Cordials, Fruit drinks, Fruit juice  
Shakes of any kind  
Energy drinks

### ALCOHOL

Beer  
Ciders  
Dessert wine  
Liqueurs & Shooters

### DAIRY

All low fat/ fat free products  
Cheese spreads, Processed cheese  
Canned cream, Dessert cream  
Coffee creamer  
Condensed milk  
Custard  
Flavoured yoghurt  
Ice cream  
Powdered milk, Rice milk, Soy milk

### FATS AND OILS

All commercial fat spreads/ margarine  
Flavoured butters  
Canola oil, Corn oil  
Cottonseed oil, Grapeseed oil, Soybean oil, Sunflower oil

### SAUCES AND DRESSINGS

All commercial sauces and dressings  
Barbeque sauce, Cook in sauce, Marinades, Mustard sauce, Peri-peri sauce, Pasta sauce, Salad creams and dressings  
Tomato sauce  
Sweet sauces

### FAST FOOD AND TAKEAWAYS

Burgers, Hot dogs, Spare ribs, Crumbed chicken or fish  
Fries, Wraps, Pizza, Hotdogs

### MEAT AND FISH

All meat that has been cured with sugar and/or marinated meats with added ingredients  
Corned meat  
Cold processed meats, e.g. sandwich ham/ham/chicken/beef, etc generally found at the deli  
Crumbed/battered meat, e.g. crumbed chicken, hamburger patties, chicken nuggets, meat pies, readymade meals, meat free products (soy), fish bakes, crumbed fish fingers  
Pilchards in tomato sauce  
Tuna in vegetable oil

### FRUIT AND VEGETABLES

Dried fruit – all varieties  
Legumes  
Corn  
Potatoes

### SWEETENERS

Agave  
Aspartame  
Blackstrap molasses  
Cane sugar, Beet sugar  
Castor sugar  
Coconut sugar, Date sugar  
Carob syrup, Corn syrup, Maple syrup  
Dextrose  
Fructose  
Glucose  
Maltitol  
Saccharin  
Sorbitol  
Sucralose  
Table sugar  
Tapioca sugar  
Treacle

THE  
**BANTING**  
POCKET  
GUIDE

