



THE GREEN LIST

THE GREEN FOOD LIST IS THE ONLY LIST THAT YOU CAN EAT FROM ON A DAILY BASIS. THESE ARE THE FOODS THAT ARE NUTRITIOUS, LOW IN CARBS PER PORTION AND EXTREMELY HEALTHY. PRACTICING PORTION CONTROL IS STILL IMPORTANT WHEN EATING FROM THIS LIST

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.

ANIMAL PROTEIN

All eggs
Beef / veal
Mutton / Lamb
Pork
Venison/game
Ostrich
All Poultry :
Chicken
Duck
Turkey
Offal:
Brain
Brawn
Tripe
Trotters
Liver, heart, kidneys
Tongue
Chicken feet/heads/
gizzards
Naturally cured meats and
sausage
Bacon
Chorizo
Pancetta
Salami
Sausage

SEAFOOD

Fish – fresh and canned in
brine
Calamari
Crab
Oysters
Prawns

DAIRY*

Amasi
Buttermilk
Coconut milk
Cow's milk – full cream
Cheese hard and soft
Cottage cheese
Cream cheese
Cream – fresh/sour
Yoghurt full cream/Greek
*Using dairy products may
stall weight loss in some
people.

FATS AND OILS

Beef tallow
Butter
Duck fat
Ghee
Lard
Almond oil
Avocado oil
Coconut oil
Olive oil
Macadamia nut oil

FLAVOURING & CONDIMENTS

All natural herbs and
spices are acceptable if
they do not contain sugars
and chemical additives.
Includes
Aniseed, Basil, Capers,
Caraway seed, Cardamom,
Chillies, Cinnamon,
Coriander, Curry powder,
Dill, Fennel, Garlic, Ginger,
Horseradish, Marjoram,
Masala, Organum, Paprika,
Parsley, Pepper,
Peppermint, Rosemary,
Sage, Thyme, Turmeric.
Vinegar, including Apple
cider.

BEVERAGES

Coffee (100% pure coffee)
Tea- including green tea
and Rooibos
Water, soda water,
sparkling mineral water.

NUTS & SEEDS

Almond, Brazil nuts,
Coconut, Macadamia nut,
Pecans, Pine nuts,
Pistachio nuts, Walnuts.
Chia seed, Flax seed,
Linseed, Pumpkin seed,
Sesame seed,
Sunflower seed
HEBA, Psyllium husk

SWEETENERS

Xylitol granules
Erythritol granules
Stevia powder
NOTE: We do not
recommend artificial
sweeteners of any kind. It
is our opinion that if you
want to stay lean and
healthy for the rest of your
life you need to avoid all
foods that taste sweet. The
desire to eat sweet foods is
the addiction that drives
poor food choices leading
to obesity and ill health.

VEGETABLES

Amaranth/marog
Artichokes - globe
Asparagus
Aubergine
Broccoli
Brussels sprouts
Cabbage
Calabash / gourd
Cauliflower
Celery
Chives
Collards
Cucumber
Endive
Gherkins (dill, sugar
free)
Green beans
Kale
Kohlrabi
Leek - boiled
Lettuce
Mixed frozen
vegetables
(cauliflower, carrot,
green beans)
Mushrooms
Okra
Onion
Pepper- green, red,
yellow
Pumpkin
Radish
Sauerkraut
Seaweed
Sousou/ chayote
Spinach
Spring onion
Squash - gem,
hubbard,
Squash – baby marrow
Sugarsnap peas
Tomato
Turnip
Waterblommetjies
Wild rocket

FRUITS

Avocado
Olives