



THE ORANGE LIST

THE ORANGE FOOD LIST IS FOR PEOPLE WHO HAVE REACHED THEIR GOAL WEIGHT AND WANT TO INCLUDE SOME VEGETABLES AND BERRIES ON THIS LIST, OR FOR THOSE WHO ARE NOT SENSITIVE TO CARBOHYDRATES AND CAN TOLERATE THESE VEGETABLES AND FRUITS. THIS LIST IS ALSO FINE FOR AN OCCASIONAL SWEET TREAT, BUT ONLY ONCE YOU HAVE REACHED YOUR GOAL WEIGHT. WE HAVE INSERTED THE CARB COUNT HERE SO YOU CAN BE AWARE OF THE HIGHER CARB VALUES:

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*.

VEGETABLES per 100g

Artichoke 14.3g
Beetroot 7.96g
Carrot boiled 5.3g
Carrot raw 6.4g
Leek – raw 12.4g
Parsnip 13.01g
Squash – Butternut 10.2g
Sweet potato – orange 17.4g
Sweet potato – white 15.1g
Tomato – sundried (per 25g) 10.9g

PROTEINS

Abalone (per 125g) 14.6g
Mussel (per 100g) 7.4g
Perlemoen (per 125g) 14.6g
Snails (per 75g) 11.6g

FRUIT per 50g

Apple 6.5g
Apricot 6.5g
Banana 9.4g
Blackberries 4.3g
Blueberries 6.1g
Cranberries 3.8g
Figs 6.8g
Gooseberries 6.0g
Granadilla 6.5g
Grape 7.4g
Guava 7.7g
Kiwifruit 6.5g
Kumquat 4.7g
Lemon 7.0g
Lime 7.7g
Litchi 8.6g
Melon green flesh 4.5g
Melon orange flesh 4.1g
Naartjie 5.0g
Nectarine 5.2g
Orange 4.6g
Papaya 4.6g
Pawpaw 4.3g
Peach 4.3g
Pear 7.2g
Pineapple 6.1g
Plum 5.5g
Raspberries 2.6g
Strawberries 3.0g
Watermelon 3.0g
Youngberries 2.15g

SWEETENERS

Honey (per 5g) 4g

NUTS per 30g

Betel nut 16.1g
Chestnut 13.3g
Cashew nut 8.9g



10 BASIC RULES OF BANTING

1. Banting is about eating when hungry and stopping when satisfied.
2. Eat clean, fresh, real food. Real food goes off and has a very short shelf life. Do not eat processed or pre-packaged foods.
3. Make sure that you include fats, proteins and healthy carbs in all your meals, whether you are eating three meals a day or only two. Meals must be nutrient dense and well balanced.
4. Do not eat more than three meals a day; there is no rule dictating which time of the day you should eat or that you have to eat all three meals.
5. Do not have sweeteners in your coffee or tea; go cold turkey if you want to see results.
6. Drink water throughout the day, but only when you are thirsty.
7. Make sure you are getting enough vitamins and minerals. If you experience energy loss in the beginning, you may supplement.
8. Do not drink any fizzy drinks, fruit juices or 'slimming' drinks, not even if they claim to be sugar free. They all contain artificial sweeteners and additives that can have a negative effect on your health and weight.
9. Do not snack between meals unless you are really hungry. Snacking between meals can lead to weight gain.
10. What works for you may not necessarily work for others. We are all unique.