WHAT SHOULD I EAT?!

OUR 3-STEP GUIDE TO CHOOSING THE BEST PALEO FOODS FOR YOUR BODY

Paleo edition

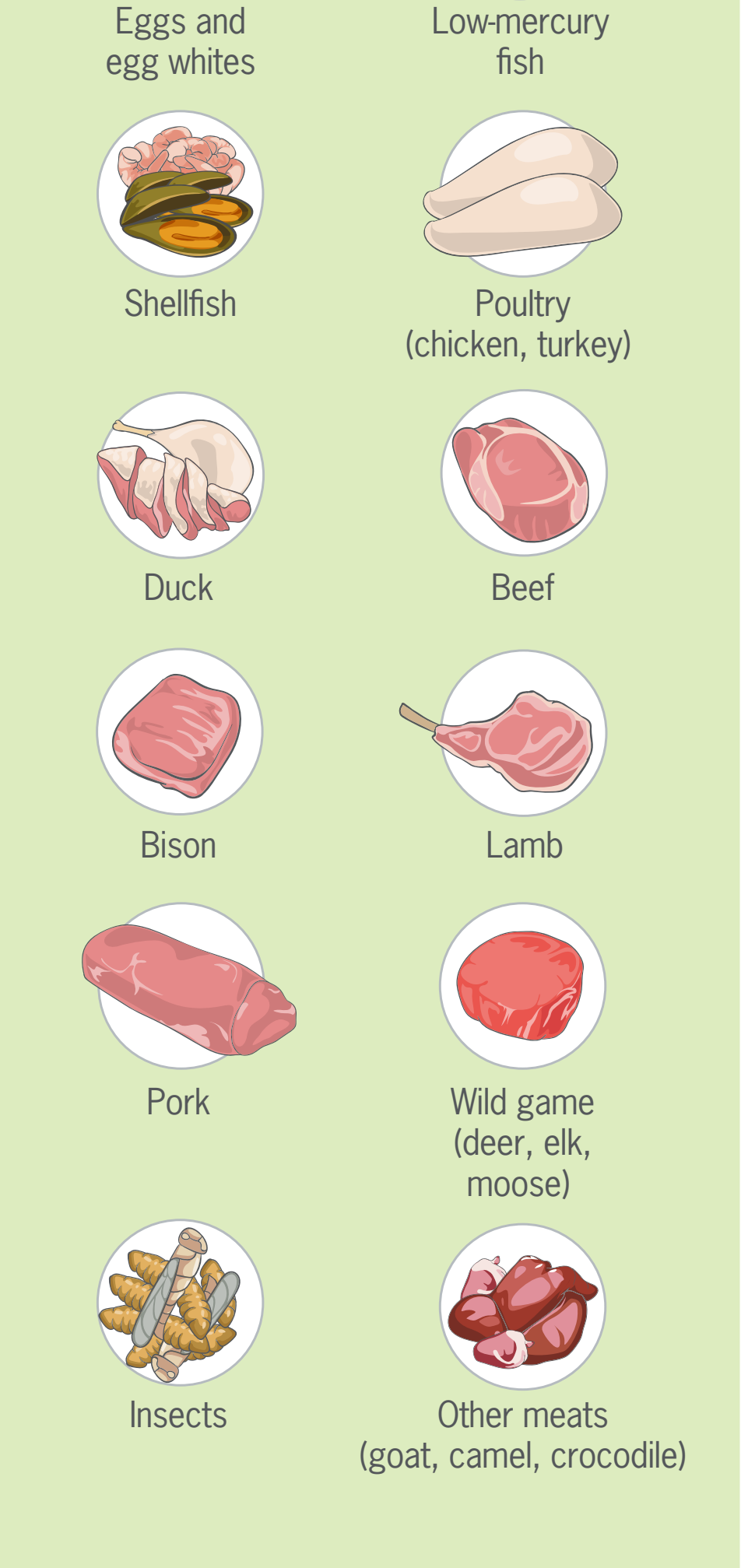
This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the Paleo foods you love.

1 KNOW YOUR FOODS

Think of food options as a spectrum. If you're a Paleo purist, focus on "eat more" foods. If you're flexible, the other categories can help you build a "Paleo lite" plan.

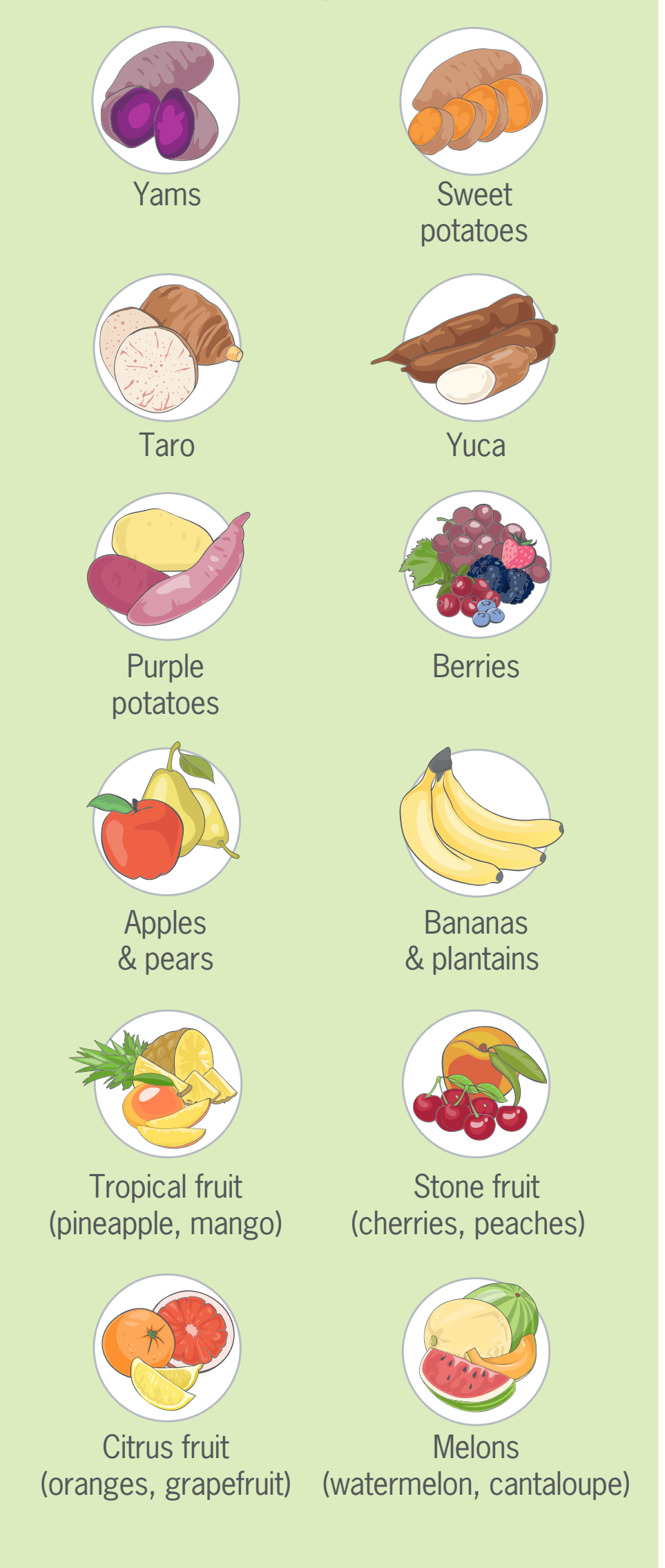
EAT MORE

PROTEIN


Eggs and egg whites
Low-mercury fish
Shellfish
Poultry (chicken, turkey)
Duck
Beef
Bison
Lamb
Pork
Wild game (deer, elk, moose)
Insects
Other meats (goat, camel, crocodile)

Prioritize fresh, lean, minimally-processed sources of protein, and opt for grass-fed, free-range, and wild-caught versions if possible.

CARBS


Yams
Sweet potatoes
Taro
Yuca
Purple potatoes
Berries
Apples & pears
Bananas & plantains
Tropical fruit (pineapple, mango)
Stone fruit (cherries, peaches)
Citrus fruit (oranges, grapefruit)
Melons (watermelon, cantaloupe)

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

FATS

Aim for a mix of whole-food fats (like avocados and olives) and pressed oils (like olive and avocado).

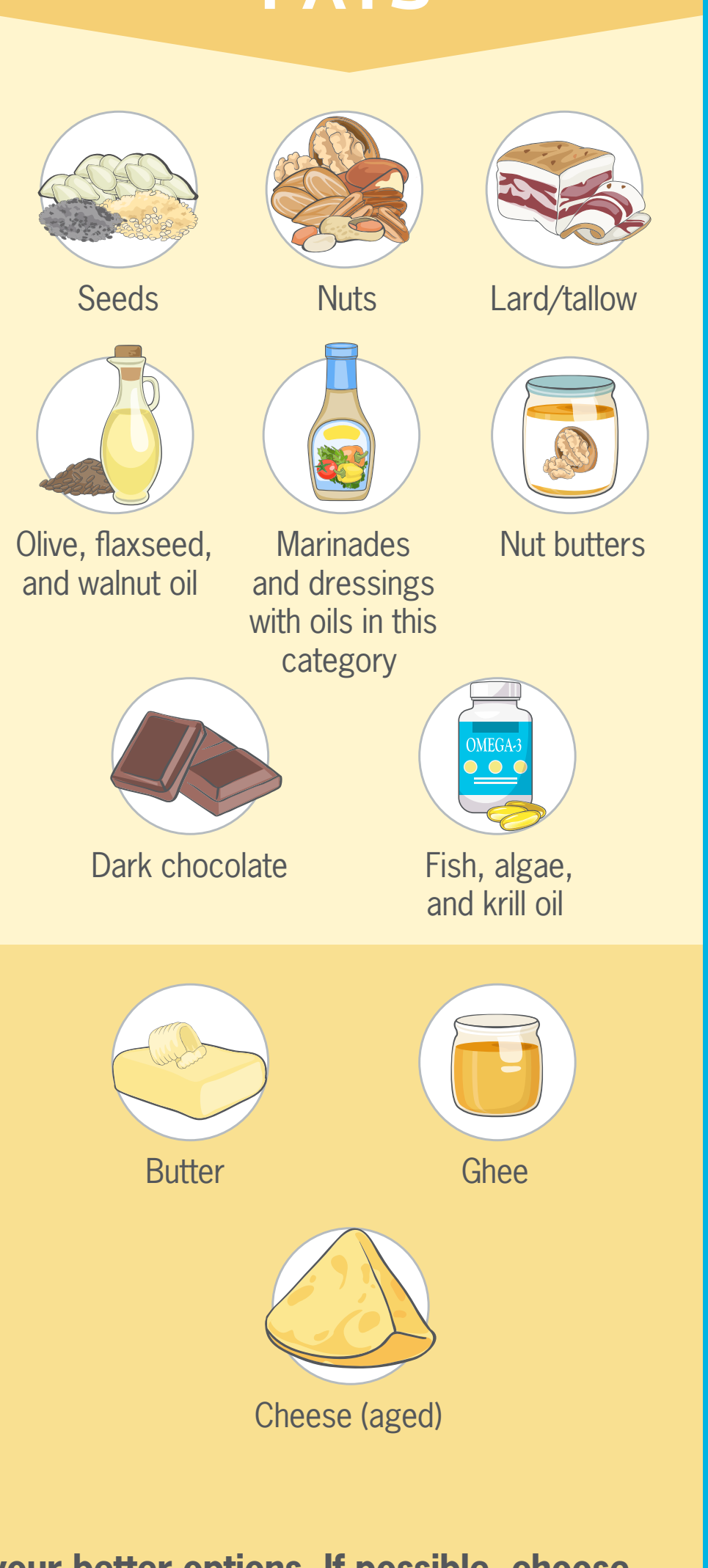
EAT SOME

PROTEIN

Minimally-processed deli meat
Protein powders (egg, collagen)
Meat jerky
Poultry sausage (nitrate free)
Cultured cottage cheese
Plain Greek yogurt

CARBS

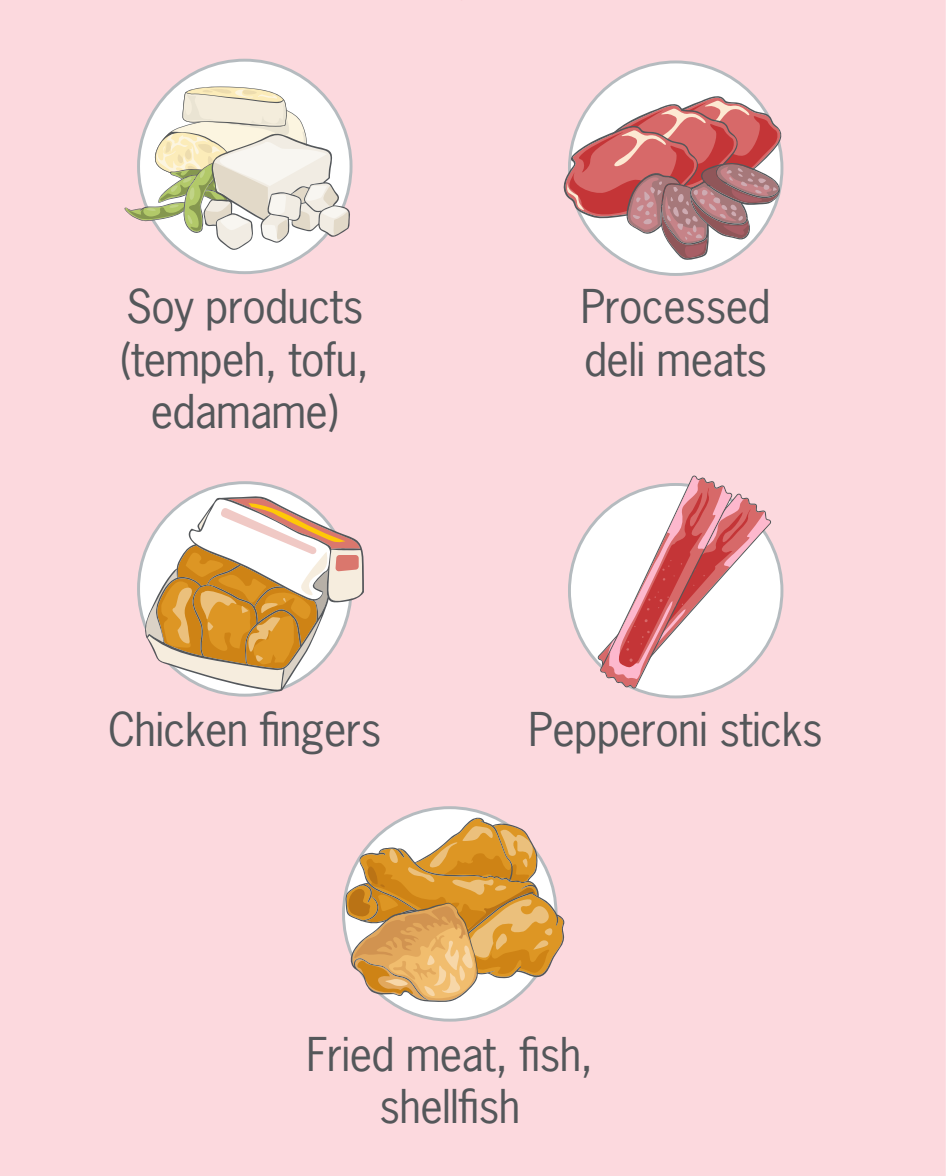
FATS


Seeds
Nuts
Lard/tallow
Olive, flaxseed, and walnut oil
Marinades and dressings with oils in this category
Nut butters
Dark chocolate
Fish, algae, and krill oil
Butter
Ghee
Cheese (aged)

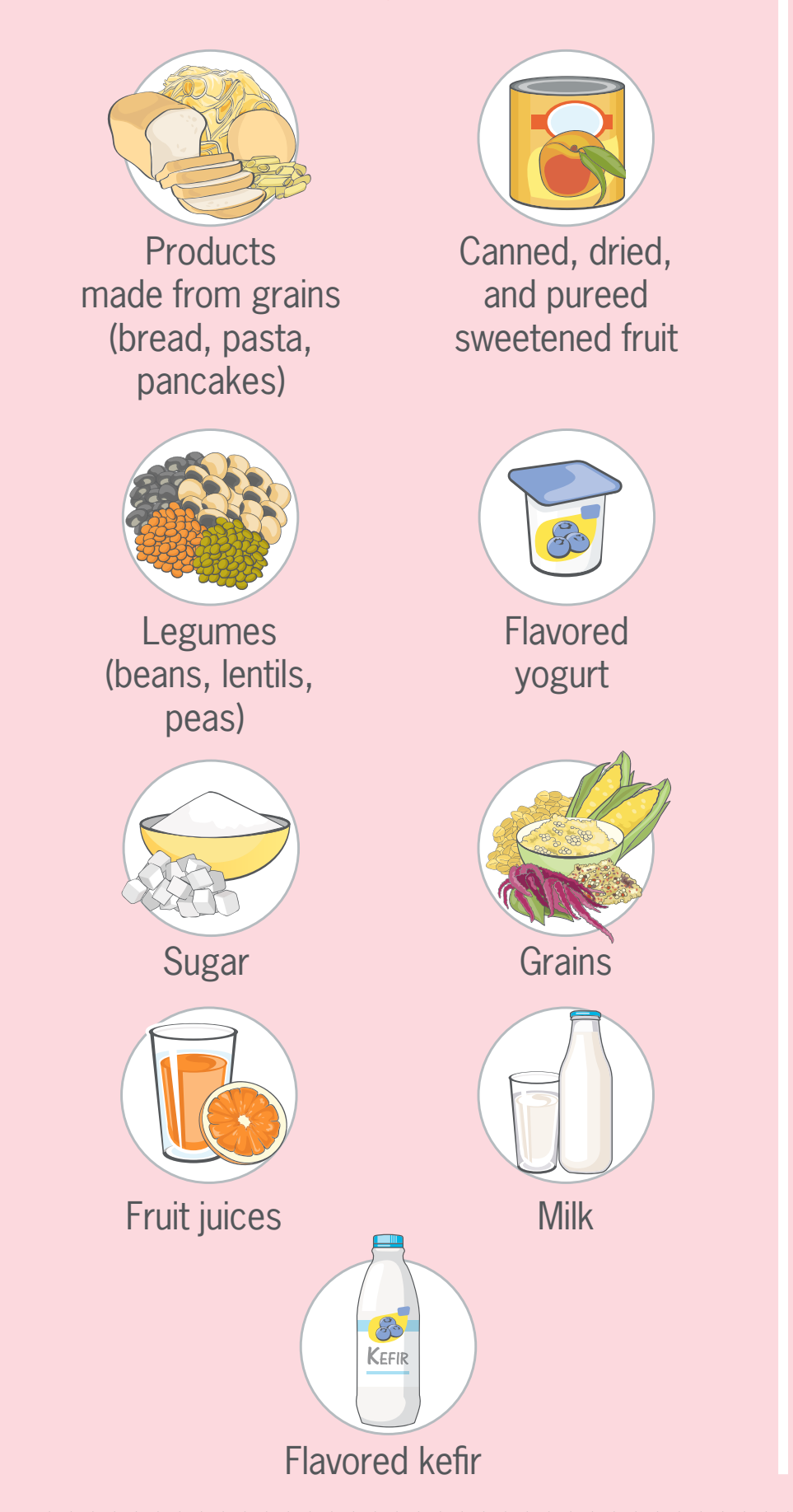
Dairy is a controversial Paleo food. If eating Paleo and choosing dairy, we've listed your better options. If possible, choose pastured or grass-fed versions.

EAT LESS

PROTEIN



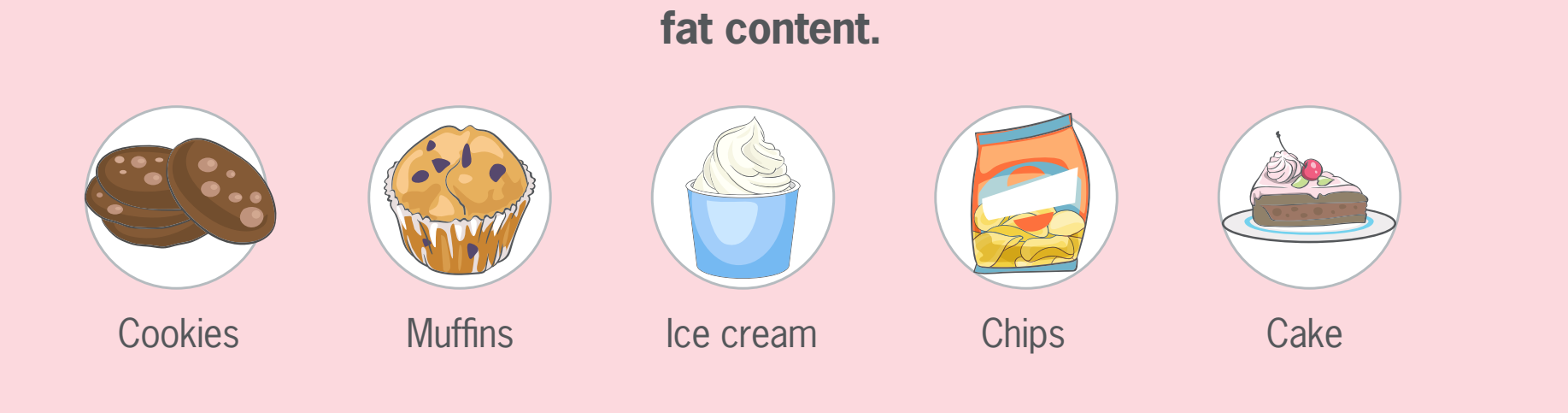
CARBS


Products made from grains (bread, pasta, pancakes)
Canned, dried, and pureed sweetened fruit
Legumes (beans, lentils, peas)
Flavored yogurt
Sugar
Grains
Fruit juices
Milk
Flavored kefir

FATS

Bacon*
Sausage*
Cream
Processed cheese
Peanuts and peanut butter
Margarine
Coconut, corn, cottonseed, sunflower, canola, and soybean oils
Marinades and dressings made with oils in this category
Shortening

Whether you're reaching for Paleo-inspired versions or the real deal, these foods are rich sources of fats—so be mindful of both their carbohydrate and fat content.



*** Though some Paleo proponents showcase bacon and sausage as "eat more" foods, we consider them as "eat less" treats because of their highly processed nature.**

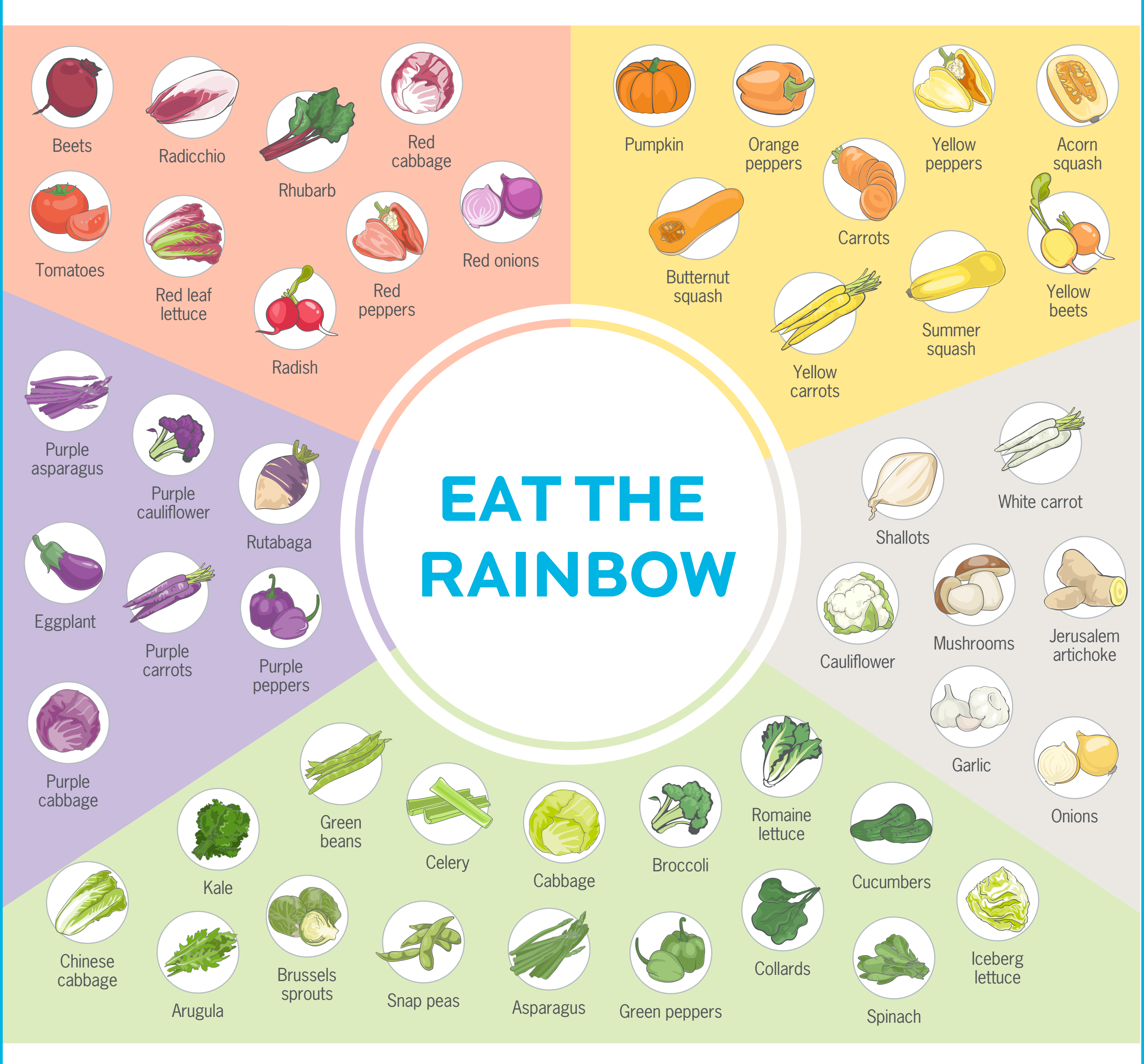
Alcohol

Alcohol is a distinct macronutrient with unique risks and benefits. But if you're being mindful of your intake, we recommend including it in the "eat less" carb and fat categories, and tracking your intake (e.g. "6 carb portions today; 4 from food, 2 from beer"). This helps you align alcohol consumption with your health and fitness goals.

Wondering about portions? Check out http://www.precisionnutrition.com/nutrition-calculator

VEGETABLES

Veggies are always an "eat more" food. For a variety of nutrients, try to "eat the rainbow!"



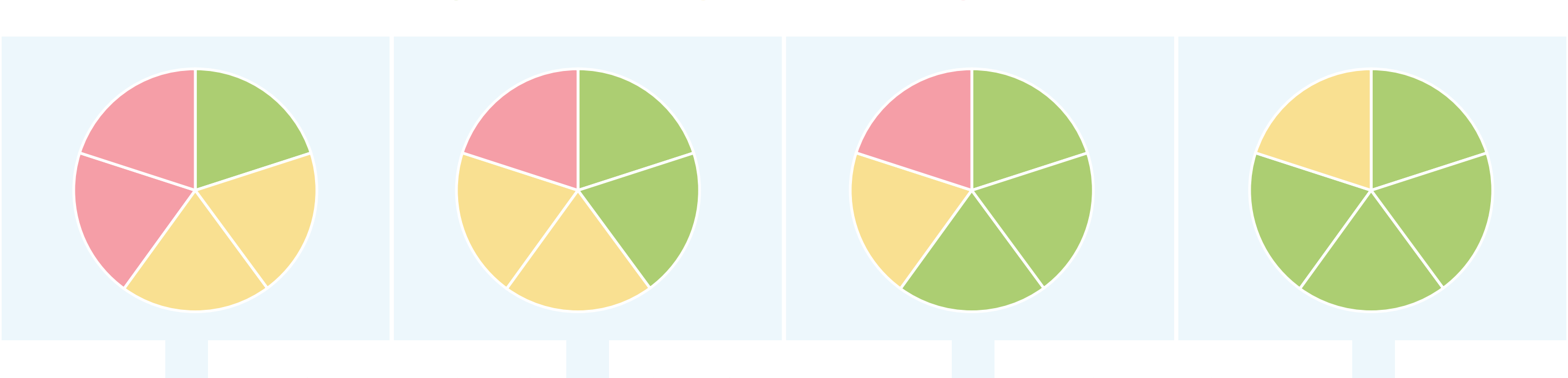
Eating a variety of colorful fruit and starchy vegetables (like purple potatoes) also helps you "eat the rainbow," though these foods live in the carbohydrate category.

Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out http://www.precisionnutrition.com/create-the-perfect-meal-infographic and http://www.precisionnutrition.com/dont-like-vegetables-infographic

2 BASE FOOD CHOICES ON YOUR GOALS

The proportions that comes from each category depends on how strictly you want to follow Paleo—as well as on your current food choices and health goals.

🟩 "eat more" 🟨 "eat some" 🟥 "eat less"



THESE PROPORTIONS MAY WORK FOR YOU IF…

- you want to generally improve your health.
- you're new to exercise or exercise moderately.
- you want to look, feel, and perform better.

- you want to significantly improve your health.
- you exercise moderately, or are training for an event like a half-marathon or obstacle course.
- you want to look, feel, and perform a little better than average.

- you want to significantly improve your health, or maintain a high degree of health.
- you are training for a major athletic event like a marathon or ultramarathon.
- you want above-average body composition, athletic performance, and/or recovery.

- you love eating this way. (This routine won't make you much healthier.)
- you're preparing for a bodybuilding, physique, or elite athletic competition.
- you are paid for your body's looks or performance.

3 ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your "eat more," "eat some," and "eat less" list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

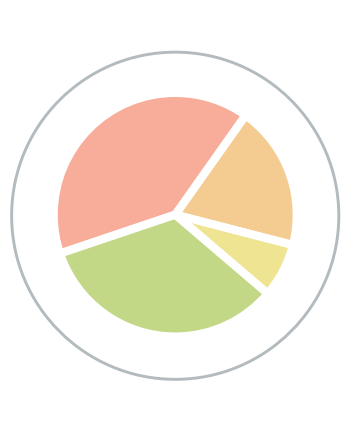
CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

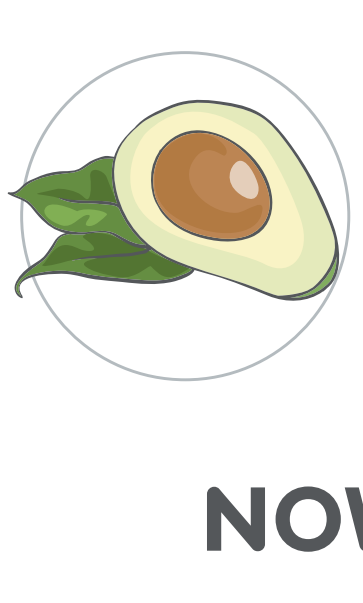
HOW TO ADD FOODS TO THE SPECTRUM

At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

FIRST, FIGURE OUT THE MACRO CATEGORY:



- **Which macronutrient delivers the majority of the calories?** Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.



- **How is this food commonly eaten?** Perhaps as a protein, starchy side, or fat-rich topping?

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

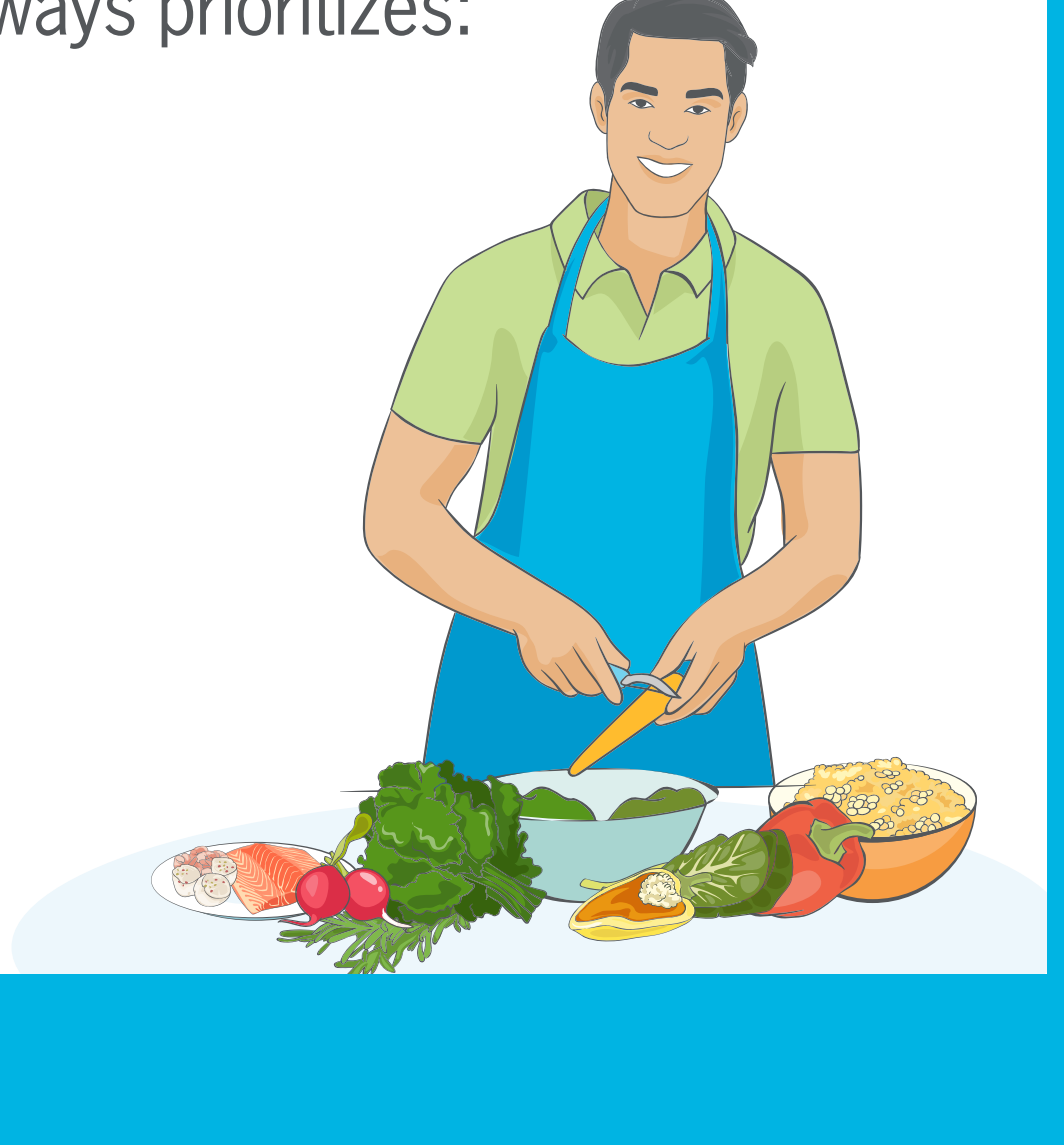
How close is it to a whole food?

Generally, the more processed a food, the further it moves toward "eat less."

REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best what works for you. Sustainable nutrition always prioritizes:

- ✓ **the foods and flavors you truly enjoy,**
- ✓ **the things you know how to cook or prep,**
- ✓ **and the portions that make sense for YOU.**



For the full article explaining this infographic, visit: http://www.precisionnutrition.com/paleo-food-list-infographic

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