

# The Clean Diet: The Complete List

	ENJOY	AVOID
<b>FRUITS &amp; VEGETABLES</b>	Unsweetened fresh or frozen whole fruits, sea vegetables (seaweeds), avocados, olives, tubers (sweet potatoes, yams) and raw, steamed, sauteed, juiced or roasted vegetables	Oranges, grapefruit, bananas, strawberries, grapes/raisins, corn, creamed vegetables, nightshades (goji berries, tomatoes, peppers, eggplant, regular potatoes)
<b>DAIRY SUBSTITUTES</b>	Approved nut, rice and seed milks (such as almond, hazelnut, walnut, hemp, etc), coconut milk, coconut oil/butter	Dairy & eggs incl. milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, soy milk, whey, mayonnaise
<b>STARCH &amp; GRAINS</b>	Brown, red, black & wild rice, millet, amaranth, tapioca (including cassava), buckwheat, quinoa	White rice, wheat, corn, barley, spelt, kamut, rye, farro, oats (even gluten-free)
<b>ANIMAL PROTEIN</b>	Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, chicken, turkey, collagen, bone broth	Pork (bacon), beef, veal, sausage, cold cuts, frankfurters (hot dogs), shellfish, any raw meats, raw fish, sushi, warm water fish
<b>VEGETABLE PROTEIN</b>	Split peas, lentils, beans, bee pollen, spirulina, blue-green algae, beans	Soybean products (tofu, soy sauce, soybean oil in processed foods), seitan
<b>NUTS &amp; SEEDS</b>	Hemp, chia, flax, sesame, pumpkin, & sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut & seed butters incl. almond/tahini	Peanuts and peanut butter
<b>OILS</b>	Cold-pressed olive, coconut, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, avocado	Margarine, shortening, processed oils, canola oil, peanut oil, palm oil
<b>DRINKS</b>	Filtered water, green, herbal tea, yerba mate, coconut water, green juice, plain sparkling water, fresh approved juice	Alcohol, coffee (including decaf), non-approved caffeinated beverages, soft drinks, fruit juice (unless fresh pressed)
<b>SWEETENERS</b>	Stevia, monkfruit, coconut sugar/nectar, xylitol, whole/fresh fruit, molasses, lucuma	Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice, non-approved sugar substitutes, juice concentrate, agave nectar, brown rice syrup, honey, molasses
<b>CONDIMENTS</b>	Vinegar, all herbs & spices, Himalayan or sea salt, black pepper, carob, raw or dark chocolate (dairy & sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari & nama shoyu, unsweetened whole fruit jam, nutritional yeast	Regular chocolate (with dairy & sugar), ketchup, hot sauce, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki sauce, breath mints, chewing gum

*In moderation: powdered cayenne, kombucha, dried fruit, and snacking.*

*Note: It's important to check labels & ingredients of foods. Use grass-fed, organic, or free-range when possible.*

*Note: In general, whole food items not listed in the Avoid section are typically approved.*