



OFF-LIMIT FOODS

These foods are toxic to human health and should never be on the menu. These off-limit foods are not allowed on the Modern Paleo diet. You will learn to live without these foods. Try to reframe eliminating these foods from your diet by thinking of them in terms of foods that are preventing you from optimum health and energy. They were never eaten by human beings until this century and are clearly implicated by research in today's epidemics of heart disease, stroke, diabetes, obesity and more.

INDUSTRIAL OILS

High omega-6 oils prevent the absorption of omega-3 oils even if you eat them or take fish oil. They are clearly implicated in inflammation, disease and obesity. Avoid corn, soy, canola, safflower, sunflower, grapeseed and cottonseed oils.

PROCESSED FATS

Processed fats are clearly linked to the obesity epidemic and heart disease. They fill your cells with plastic fats and gum up your metabolism. Avoid partially hydrogenated fats including shortening.

REFINED SUGAR

Refined Sugar is the deadliest of all the foods listed. Avoid cane sugar, white sugar, brown sugar, agave, high fructose corn syrup, etc.

PROCESSED DAIRY

Processed means homogenized and pasteurized dairy. This process destroys the fats and proteins in the milk in addition to rendering the calcium into a form that is not bioavailable to our bodies. Avoid nonfat milk, 1% or 2% milk, nonfat dairy creamer, powdered milk, dairy spreads, processed cheese and commercial yogurt full of sugar.

BEVERAGES

You must avoid any drink with sugar, artificial sweeteners (except stevia, xylitol and Lakanto) and chemicals. Fruit juice is NOT healthy as it is full of fructose. Avoid soda, sugary drinks, energy drinks and fruit juices.

LEGUMES

Avoid soy + peanuts. Soy should be avoided except in fermented forms. Peanuts contain aflatoxin, a mold toxic to the liver.

FRIED FOODS

Foods that are fried are always fried in omega-6 industrial oils. They are off limits! Fried vegetables absorb an alarming amount of these unhealthy oils. Avoid french fries, crispy or crunchy menu items.

MERCURY-LADEN FISH

Almost everyone today is mercury toxic due to eating fish and...breathing air. Since you can't avoid breathing air, avoid mercury-toxic fish instead. Sadly, almost all fish and shellfish today are full of mercury except for small fish like sardines and salmon. Avoid the most contaminated fish including tuna, swordfish, king mackerel, tilefish, shark, marlin, orange roughy, grouper and Chilean sea bass.

TABLE SALT

Table salt is toxic to the human body and contributes to high blood pressure. It contains one ingredient, sodium chloride. All fast food and restaurant food contains table salt unless specified otherwise. Real sea salt does not negatively impact health and should be eaten freely. It contains over 100 minerals important for our health and matches our body chemistry. Real sea salt usually is pink, grey, red and black. Avoid bleached white sea salt.