

Healthy Living List Presents:

NUTRITION CHART

Comparing 6 of the most popular philosophies



EAT REAL FOOD-CLEAN EATING

Eat whole foods, or “real” foods — those that are un- or minimally processed, refined, and handled so they are as close to their natural form as possible.

Permitted: Fresh fruits and vegetables, dried legumes, nuts, farm-fresh eggs.

Minimally processed include: Unrefined grains, frozen fruits and vegetables, meat (wild or, pastured over grain-fed), sustainably sourced fish and seafood, hormone-free dairy, oils
Prohibited: Any overly processed foods like deli meat, breakfast cereals and most packaged foods.

PLANT BASED



Based around whole, plant foods. Unprocessed or minimally processed veggies, fruit, whole grains, beans, legumes, nuts, and seed.

Permitted Foods: Fruits, Vegetables, Nuts & Seeds, Beans, Legumes, Grains, Lentils, Plant Based Fats, Alcohol, Vegan Sugar & Sweeteners
Prohibited Foods: Meat, Fish/Seafood, Dairy, Eggs, Honey, processed, foods, refined grains, oils, gelatin, white flour, and refined sugar



KETO (GENIC)

The main principle of the ketogenic diet is to eat foods maintaining of high fat/low carbs (percentage of your diet: carbs 10%, Protein 20-25%, Fat 60-75%)

Permitted Foods: Red Meat, Poultry, Fish, Seafood, Vegetables, Nuts & Seeds, Fats & Oils, berries acceptable but not encouraged.

Prohibited Foods: grains, most fruits, starchy vegetables and beans, wheat/flour, sugars and natural sweeteners like honey and maple syrup.

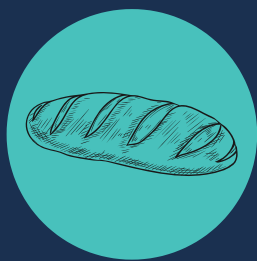


PALEO

Based around whole, plant foods. Unprocessed or minimally processed veggies, fruit, whole grains, beans, legumes, nuts, and seed.

Permitted Foods: Fruits, Vegetables, Nuts & Seeds, Beans, Legumes, Grains, Lentils, Plant Based Fats, Alcohol, Vegan Sugar & Sweeteners

Prohibited Foods: Meat, Fish/Seafood, Dairy, Eggs, Honey, processed, foods, refined grains, oils, gelatin, white flour, and refined sugar



MEDITERRANEAN

Based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960.

Permitted Foods: Fruits, vegetables, nuts & seeds, legumes, potatoes, breads, herbs, spices, fish, seafood, Extra virgin olive oil

Limited: Poultry, eggs, cheese & yogurt

Rarely: Red Meat

Prohibited Foods: sugar, sweetened beverages, processed meats, refined grains, refined oils & highly processed foods.

VEGAN (LIFESTYLE)



Eat nothing from the animal kingdom. Extends beyond food to ingredients made from animal products: includes shoes, clothes, makeup and shampoo and more.

Permitted Foods: Fruits, Vegetables, Nuts & seeds, beans, legumes, grains, lentils, plant-based fats, alcohol, vegan sugar/sweeteners

Prohibited Foods: Meat, poultry, fish/Seafood, dairy, eggs, gelatin, honey and ALL animal products like leather, silk, wool, gelatin, beeswax and lanolin



FOR ANY HEALTHY DIET YOU SHOULD AVOID:

- Added sugar: soda, ice cream, synthetic, sugar substitutes
- Refined grains: White bread and pasta
- Trans fats: margarine and most processed foods
- Refined oils: soybean, cottonseed and canola oils
- Processed meats: hotdogs, sausages, brats
- Highly processed foods and anything that is labeled low fat.