

PRIMAL FOOD SPECTRUM

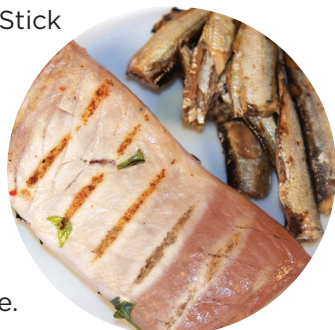
Meat, Fowl, and Eggs

1. Local, pasture-raised: Superior omega-3 and nutrient values due to natural diet of grass, insects, etc.
2. USDA-certified organic: Likely grain-fed but free of objectionable hormones, pesticides, and antibiotics.
3. Humane-raised, hormone-free, grass-finished or other distinctive labeling: Terminologies are loosely-regulated and not entirely helpful, but efforts to distinguish as other than conventional CAFO meat are worth recognizing.
4. Conventional CAFO: Animals raised in Concentrated Animal Feeding Operations typically contain hormones (to promote faster growth and increase profits), pesticides (ingested from inferior feed sources), and antibiotics (to prevent infection from living in cramped, dirty quarters). CAFO products are nutritionally inferior to pasture-raised or organic animals. If you must eat CAFO products, trim the fat before cooking to limit exposure to toxins.



Fish - Ranked

1. Wild-caught, oily, cold water fish from remote, pollution-free waters: Highest omega-3 values of any food (salmon, sardines, herring, mackerel, anchovies).
2. Other wild-caught fish: Stick with domestic sources such as trout.
3. Approved farmed fish: Domestic coho salmon, shellfish, barramundi, catfish, crayfish, tilapia, and trout are acceptable.



Fish - Avoid

1. Most farmed fish: High levels of chemical contaminants, unsanitary waters, poor omega-6:omega-3 ratios, and overall significantly lower nutritional value than wild-caught fish. Includes Atlantic salmon, by far the most common type of salmon sold - with an estimated 90% of the market share.
2. Top of food chain: Avoid sword and shark due to high concentrations of mercury and other contaminants.
3. Asian imports: Avoid both farmed and wild-caught fish imported from China and other Asian countries, due to minimal safety regulations and polluted waters.
4. Visit montereybayaquarium.org or edf.com for further guidelines on eating healthy, sustainable fish and avoiding objectionable fish.

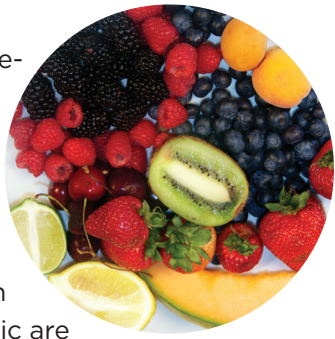
Vegetables

1. Locally-grown, pesticide-free: Superior nutritional and antioxidant value. Enjoy heaping portions!
2. USDA-certified organic: Local actually ranks above organic for sustainability and optimal growing and ripening conditions.
3. Conventionally grown: Thoroughly wash conventionally grown veggies with soft, edible skin (leafy greens, peppers).
4. Remote, conventionally grown: Strive to do better, but by no means objectionable in the big picture.



Fruits

1. Locally-grown, pesticide-free, in-season: Enjoy liberal servings as Grok did. If you are trying to lose excess body fat, selectivity and moderation are warranted. High antioxidant, low glycemic are best, including all berries, most stone (pitted) fruits (cherries, prunes, peaches, apricots), avocado, casaba melon, lime, lemon, tomato, and guava.
2. USDA-certified organic: Next best choice. Try to find fruits grown closer to home and emphasize them during natural ripening season.
3. Conventionally grown: Wash fruits with soft, edible skin thoroughly.
4. High glycemic, low antioxidant: Moderate intake or avoid due to inferior nutritional value/body fat concerns: dates, dried fruits (all), grapes, mangoes, melons, nectarines, oranges, papayas, pineapples, plums, and tangerines.
5. Remote, conventionally grown, out of season. Probably not a necessary component of a healthy diet, especially if you are trying to lose excess body fat.



3. Cooking fats: Butter, coconut oil, other saturated animal fats. Saturated fats are temperature stable, so they won't oxidize under high heat as refined vegetable oils do.
4. High omega-3 oils: Borage, cod liver, krill, hemp, salmon - easier to assimilate than the more common flax seed oil. Marine oil - commonly used in gel capsules.

Fats and Oils - Avoid

1. Refined high polyunsaturated vegetable oils: Canola, corn, soybean, safflower, sunflower and other vegetable and seed oils, margarine, shortening. Easily oxidized and promoting pro-inflammatory condition in the body. Switch to saturated animal fats.
2. Trans and partially-hydrogenated oils: Found in a variety of packaged, frozen and processed foods. Causes destruction at the cellular level; total elimination is critical.

Moderation Foods

1. Beverages: Hydrate using thirst as guideline; reject unfounded Conventional Wisdom promoting habitual over-drinking. Coffee is acceptable in moderation; refrain from using as an energy crutch or stick with decaf. Club soda or mineral water with lemon, lime, and salt pinch added can give a fizzy fix to those kicking soda habits. Green or herbal teas offer anti-inflammatory and immune supporting benefits.
2. High fat dairy products: Raw, fermented, unpasteurized, unsweetened is best (ghee, butter, cream, cheese, cottage cheese, Greek yogurt, kefir, raw whole milk). Try to find pasture-raised/grass-fed.

Fats and Oils - Approved

1. Avocado/avocado oil, Olive/olive oil: Excellent monounsaturated fat sources. For olive oil, find domestic sources of extra-virgin, first cold-press only; superior to more common imported, over-processed products.
2. Coconut products: Oil, milk, butter, water, flakes and other derivatives provide numerous health benefits, including difficult to obtain medium-chain fatty acids. Convenient replacement for objectionable milk, flour, and refined vegetable oils.



3. Nuts, seeds and their derivative butters:

Excellent sources of healthy fats, antioxidants and phytonutrients--a



great snack option to replace high carb options. Macadamias, walnuts, almonds, and pumpkin seeds have great nutritional value.

4. Supplemental carbs: High calorie burners without excess body fat concerns can enjoy sweet potatoes, quinoa, and wild rice to restock glycogen after heavy exercise. Others might consider these carbs “indulgences” - not necessary for health or exercise recovery when Primal-adapted.

5. Dark chocolate: Superior option to satisfy your sweet tooth; high antioxidant, high fat satisfaction. Go for 85 percent cacao content or higher.



Sensible Indulgences

1. Red wine: Best alcohol choice due to excellent antioxidant benefits. Note alcohol calories are burned first, putting fat loss on hold while you indulge. Enjoy responsibly and in moderation.

