



THE GREEN LIST

THE GREEN FOOD LIST IS THE ONLY LIST THAT YOU CAN EAT FROM ON A DAILY BASIS. THESE ARE THE FOODS THAT ARE NUTRITIOUS, LOW IN CARBS PER PORTION AND EXTREMELY HEALTHY. PRACTICING PORTION CONTROL IS STILL IMPORTANT WHEN EATING FROM THIS LIST

THE BANTING POCKET GUIDE QUICK REFERENCE LISTS

For a more extensive list of foods, including the macro nutrient breakdown, please refer to our book The Banting Pocket Guide.

ANIMAL PROTEIN

All eggs
Beef / veal
Mutton / Lamb
Pork
Venison/game
Ostrich
All Poultry :
Chicken
Duck
Turkey
Offal:
Brain
Brawn
Tripe
Trotters
Liver, heart, kidneys
Tongue
Chicken feet/heads/
gizzards
Naturally cured meats and
sausage
Bacon
Chorizo
Pancetta
Salami
Sausage

SEAFOOD

Fish – fresh and canned in
brine
Calamari
Crab
Oysters
Prawns

DAIRY*

Amasi
Buttermilk
Coconut milk
Cow's milk – full cream
Cheese hard and soft
Cottage cheese
Cream cheese
Cream – fresh/sour
Yoghurt full cream/Greek
*Using dairy products may
stall weight loss in some
people.

FATS AND OILS

Beef tallow
Butter
Duck fat
Ghee
Lard
Almond oil
Avocado oil
Coconut oil
Olive oil
Macadamia nut oil

FLAVOURING & CONDIMENTS

All natural herbs and
spices are acceptable if
they do not contain sugars
and chemical additives.
Includes
Aniseed, Basil, Capers,
Caraway seed, Cardamom,
Chillies, Cinnamon,
Coriander, Curry powder,
Dill, Fennel, Garlic, Ginger,
Horseradish, Marjoram,
Masala, Organum, Paprika,
Parsley, Pepper,
Peppermint, Rosemary,
Sage, Thyme, Turmeric.
Vinegar, including Apple
cider.

BEVERAGES

Coffee (100% pure coffee)
Tea- including green tea
and Rooibos
Water, soda water,
sparkling mineral water.

NUTS & SEEDS

Almond, Brazil nuts,
Coconut, Macadamia nut,
Pecans, Pine nuts,
Pistachio nuts, Walnuts.
Chia seed, Flax seed,
Linseed, Pumpkin seed,
Sesame seed,
Sunflower seed
HEBA, Psyllium husk

SWEETENERS

Xylitol granules
Erythritol granules
Stevia powder
NOTE: We do not
recommend artificial
sweeteners of any kind. It
is our opinion that if you
want to stay lean and
healthy for the rest of your
life you need to avoid all
foods that taste sweet. The
desire to eat sweet foods is
the addiction that drives
poor food choices leading
to obesity and ill health.

VEGETABLES

Amaranth/marog
Artichokes - globe
Asparagus
Aubergine
Broccoli
Brussels sprouts
Cabbage
Calabash / gourd
Cauliflower
Celery
Chives
Collards
Cucumber
Endive
Gherkins (dill, sugar
free)
Green beans
Kale
Kohlrabi
Leek - boiled
Lettuce
Mixed frozen
vegetables
(cauliflower, carrot,
green beans)
Mushrooms
Okra
Onion
Pepper- green, red,
yellow
Pumpkin
Radish
Sauerkraut
Seaweed
Sousou/ chayote
Spinach
Spring onion
Squash - gem,
hubbard,
Squash – baby marrow
Sugarsnap peas
Tomato
Turnip
Waterblommetjies
Wild rocket

FRUITS

Avocado
Olives





THE ORANGE LIST

THE ORANGE FOOD LIST IS FOR PEOPLE WHO HAVE REACHED THEIR GOAL WEIGHT AND WANT TO INCLUDE SOME VEGETABLES AND BERRIES ON THIS LIST, OR FOR THOSE WHO ARE NOT SENSITIVE TO CARBOHYDRATES AND CAN TOLERATE THESE VEGETABLES AND FRUITS. THIS LIST IS ALSO FINE FOR AN OCCASIONAL SWEET TREAT, BUT ONLY ONCE YOU HAVE REACHED YOUR GOAL WEIGHT. WE HAVE INSERTED THE CARB COUNT HERE SO YOU CAN BE AWARE OF THE HIGHER CARB VALUES:

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VEGETABLES per 100g

- Artichoke 14.3g
- Beetroot 7.96g
- Carrot boiled 5.3g
- Carrot raw 6.4g
- Leek - raw 12.4g
- Parsnip 13.01g
- Squash - Butternut 10.2g
- Sweet potato - orange 17.4g
- Sweet potato - white 15.1g
- Tomato - sundried (per 25g) 10.9g

PROTEINS

- Abalone (per 125g) 14.6g
- Mussel (per 100g) 7.4g
- Perlemoen (per 125g) 14.6g
- Snails (per 75g) 11.6g

FRUIT per 50g

- Apple 6.5g
- Apricot 6.5g
- Banana 9.4g
- Blackberries 4.3g
- Blueberries 6.1g
- Cranberries 3.8g
- Figs 6.8g
- Gooseberries 6.0g
- Granadilla 6.5g
- Grape 7.4g
- Guava 7.7g
- Kiwifruit 6.5g
- Kumquat 4.7g
- Lemon 7.0g
- Lime 7.7g
- Litchi 8.6g
- Melon green flesh 4.5g
- Melon orange flesh 4.1g
- Naartjie 5.0g
- Nectarine 5.2g
- Orange 4.6g
- Papaya 4.6g
- Pawpaw 4.3g
- Peach 4.3g
- Pear 7.2g
- Pineapple 6.1g
- Plum 5.5g
- Raspberries 2.6g
- Strawberries 3.0g
- Watermelon 3.0g
- Youngberries 2.15g

SWEETENERS

- Honey (per 5g) 4g

NUTS per 30g

- Betel nut 16.1g
- Chestnut 13.3g
- Cashew nut 8.9g



10 BASIC RULES OF BANTING

1. Banting is about eating when hungry and stopping when satisfied.
2. Eat clean, fresh, real food. Real food goes off and has a very short shelf life. Do not eat processed or pre-packaged foods.
3. Make sure that you include fats, proteins and healthy carbs in all your meals, whether you are eating three meals a day or only two. Meals must be nutrient dense and well balanced.
4. Do not eat more than three meals a day; there is no rule dictating which time of the day you should eat or that you have to eat all three meals.
5. Do not have sweeteners in your coffee or tea; go cold turkey if you want to see results.
6. Drink water throughout the day, but only when you are thirsty.
7. Make sure you are getting enough vitamins and minerals. If you experience energy loss in the beginning, you may supplement.
8. Do not drink any fizzy drinks, fruit juices or 'slimming' drinks, not even if they claim to be sugar free. They all contain artificial sweeteners and additives that can have a negative effect on your health and weight.
9. Do not snack between meals unless you are really hungry. Snacking between meals can lead to weight gain.
10. What works for you may not necessarily work for others. We are all unique.



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THE RED LIST

THE RED FOOD LIST ITEMS MUST BE AVOIDED AT ALL COSTS. WE DON'T EVEN RECOMMEND THESE FOODS AS A ONCE-IN-A-WHILE TREAT, AS THEY ARE HIGHLY PROCESSED AND CONTAIN UNHEALTHY ADDITIVES AND CHEMICALS.

RED ITEM FOODS WILL ALMOST ALWAYS CONTAIN INGREDIENTS THAT ARE HARD TO PRONOUNCE

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ALL PRODUCTS CONTAINING ANY OF THESE INGREDIENTS

Atta (chapatti flour)
Breaded or battered foods
Cake flour, Chickpea flour
Corn flour, Durum (wheat)
Malt, Matzo meal, Modified wheat starch
Oatmeal, Oat bran, Whole oats
Potato starch, Rice flour
Semolina, Sorghum, Soy flour
Dried beans, Couscous
Lentils, Pasta, Polenta
Rice, Samp
Split peas, Stampkoring
Wheat germ, Wheat starch

BEVERAGES

Canned coffee – generally containing other ingredients like dextrose, etc
Tea with added artificial ingredients
Fizzy drinks including diet or lite drinks
Cordials, Fruit drinks, Fruit juice
Shakes of any kind
Energy drinks

ALCOHOL

Beer
Ciders
Dessert wine
Liqueurs & Shooters

DAIRY

All low fat/ fat free products
Cheese spreads, Processed cheese
Canned cream, Dessert cream
Coffee creamer
Condensed milk
Custard
Flavoured yoghurt
Ice cream
Powdered milk, Rice milk, Soy milk

FATS AND OILS

All commercial fat spreads/ margarine
Flavoured butters
Canola oil, Corn oil
Cottonseed oil, Grapeseed oil, Soybean oil, Sunflower oil

SAUCES AND DRESSINGS

All commercial sauces and dressings
Barbeque sauce, Cook in sauce, Marinades, Mustard sauce, Peri-peri sauce, Pasta sauce, Salad creams and dressings
Tomato sauce
Sweet sauces

FAST FOOD AND TAKEAWAYS

Burgers, Hot dogs, Spare ribs, Crumbed chicken or fish
Fries, Wraps, Pizza, Hotdogs

MEAT AND FISH

All meat that has been cured with sugar and/or marinated meats with added ingredients
Corned meat
Cold processed meats, e.g. sandwich ham/ham/chicken/beef, etc generally found at the deli
Crumbed/battered meat, e.g. crumbed chicken, hamburger patties, chicken nuggets, meat pies, readymade meals, meat free products (soy), fish bakes, crumbed fish fingers
Pilchards in tomato sauce
Tuna in vegetable oil

FRUIT AND VEGETABLES

Dried fruit – all varieties
Legumes
Corn
Potatoes

SWEETENERS

Agave
Aspartame
Blackstrap molasses
Cane sugar, Beet sugar
Castor sugar
Coconut sugar, Date sugar
Carob syrup, Corn syrup, Maple syrup
Dextrose
Fructose
Glucose
Maltitol
Saccharin
Sorbitol
Sucralose
Table sugar
Tapioca sugar
Treacle