

Real Food Diets Comparison

Every BODY is different and should eat REAL FOODS with necessary adjustments according to your own needs.

Whole 30/Squeaky Clean Paleo

www.whole30.com
www.balancedbites.com

This is a 30 day "reset" or "clean" Paleo diet that can be done as often as needed. It's a good reset diet to get you back on track.

With this diet, you should still follow the YES/NO List for all, with the addition below:

YES Nuts & Seeds; limited
YES Butter & Ghee; grass-fed only

NO Dairy, except butter & ghee
NO (Excess) Caffeine
NO Grain Free "Treat" Options
NO Sweets, except fruit

Autoimmune Protocol

www.thepaleomom.com

The AIP diet is great for figuring out trigger foods while nourishing the body. It is an elimination diet where foods will be re-introduced 1 at a time to see how you react. Foods to eat are included in the center YES List while Avoiding the NO List.

NO Eggs
No Nuts & Seeds
NO Coffee
No Nightshade; tomato, all pepper, potato (sweet is ok), eggplant and other not-so-common items
NO Alcohol
No Grains, Legumes or Beans of any kind

WAPF, Traditional Foods Diet/Ancestral Diet

www.westonaprice.org

Puts an emphasis on quality of food and preparation according to the methods of our ancestors. This is the only diet out of all that include all forms of wheat/gluten, grains, legumes, beans, nuts and seeds; as long as they are properly prepared. You can eat almost any food that is a traditional/real food that has not been modified by man and that is properly raised, grown and prepared according to nature and methods. If a health issue arises, looking into one of the above diets is a good start to remove foods that may be problematic.

With this diet, you should include all the YES foods above and eat from your geological area and as close to the diet of your cultural background.

YES Grains/Gluten, Beans, Legumes, Nuts & Seeds; properly prepared through soaking, sprouting and fermenting
YES Dairy; full fat, raw, grass-fed/pasture-raised
YES Eggs
YES Natural Sweeteners; local raw honey, pure maple syrup, rapadura sugar, molasses, fruits; dates, bananas, etc...

= REAL FOODS

NO Process Foods
NO Fake Foods
NO Artificial Sweeteners
NO GMO
NO Vegetable Oils
NO High Fructose Corn Syrup/Corn Syrup

MAYBE -Caffeine

YES Grass-fed, wild-caught, free-range animal products
YES bone broths and organ meats
YES fermented and cultured foods
YES Cold-pressed oils; EV Olive Oil, Avocado Oil, Macadamia Oil
YES Saturated Fats; EV coconut oil, Palm Oil, Animal Fats
YES Fruits and Vegetables (preferably seasonal)
YES Unrefined salts; Celtic, Himalayan, etc...

Paleo

www.robbwolf.com

Some people do very well on a Paleo diet, others do not. Some people need a Paleo type diet and others do not. The idea of a Paleo diet is to go back before agriculture times. The Paleo community believes that the following should be practiced:

NO Grains, legumes or beans
NO Dairy
NO Alcohol
NO Starches in excess

Emphasis on workouts such as Cross-fit/Primal Fitness

GAPS

www.gapsdiet.com

The GAPS diet is a healing protocol developed by Natasha Cambell McBride. It has a very restricted "Intro" diet of bone broths, boiled meat, non fibrous vegetables, raw egg yolk and probiotic foods. As the patient is ready, they move up 6 stages before going into "Full GAPS" where the diet is similar to Primal with an emphasis on including fermented foods including homemade yogurt, ghee and butter, homemade bone broths, organ meats and keeping it very low starch and carbohydrate in the beginning. Then after a patient is healed of their Gut issues, many of them can make the transition to eating WAPF style or Primal diet.

Primal

www.marksdailyapple.com

Primal eating is basically WAPF diet minus the grains, legumes and beans. There is also not a huge emphasis on raw dairy, but it's allowed.

There is a huge emphasis on Primal Fitness.