



Protein, Fat and Carbohydrate Sources Chart

Food Sources of Proteins, Fats and Carbohydrates						
FOOD TYPE	FOOD SOURCE EXAMPLES					
Protein	All Meats Beef Pork Venison Organ Meats Lamb	All Poultry Chicken Goose Duck Turkey Pheasant Eggs (All)	All Fish & Shellfish Salmon Trout Lobster Crab Cod	Diary (Ideally Raw) Milk Cheese Yogurt Cream Whey	Nuts (Don't overdo) Almonds Hazelnuts Pistachios Macadamias Chestnuts	Seeds Chia Flax Pumpkin Hemp Legumes Beans Lentils Peas Peanuts
Fats	Animal Fats Egg yolk Dairy Meats Butter Ghee Cheeses Dripping Lard Duck/ Goose Fat		Healthy Vegetable Oils Coconut Oil Palm Oil Olive Oil All Nuts & Seeds (Don't Overdo)		Limit Intake of Sunflower Oil Safflower Oil Soy Oil Canola Oil Flax Oil	
Carbohydrates	Gluten Containing Grains Barley Kamut Oats* Rye Spelt Triticale Wheat Rice* Gluten Free Grains Buckwheat Quinoa Rice* Wild Rice Corn Oats*	Root Vegetables Beet Parsnip Carrot Sweet Potato Turnip Onions (All) Garlic	Above Ground Broccoli Brussels Sprout Cabbage Cucumber Peppers (All) Tomato Asparagus Cauliflower Celery Mushroom	Leafy Greens Collard Greens Lettuce (All) Parsley Radicchio Spinach Watercress Kale Swiss Chard	Sea Vegetables Wakame Laver Arame Kombu Nori Kelp Dulse	Fruits Apple Orange Kiwi Berries (All) Melon (All) Banana Grapes Peach

Of course, there are many other sources within each category but the above list should be enough to get you started.

Ideally all will be Organic, Wild, Free Range wherever possible

*Rice and Oats are inherently Gluten Free but are often contaminated with wheat during growing, processing or packaging so be sure to check this if you are, or suspect yourself to be Gluten Intolerant.