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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

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.

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