

THE BANTING GREEN LIST

Prof Tim Noakes' Complete Low-Carb Food Reference

✓ Eat Freely

✓ No Calorie Counting

✓ Lose Weight Naturally

The Banting Green List is the definitive reference of low-carbohydrate, high-fat foods approved for free consumption on the Banting diet — developed by Prof Tim Noakes through the Real Meal Revolution. Green-listed foods can be eaten freely, without calorie counting or portion restriction.

● **GREEN LIST**

Eat freely — no limits

● **ORANGE LIST**

Eat in moderation

● **RED LIST**

Avoid entirely

■ THE COMPLETE BANTING GREEN LIST (2026)

■ Animal Protein

- ✓ Eggs — all types (fried, boiled, scrambled, poached)
 - ✓ Beef, poultry & game — grass-fed / free-range
 - ✓ Lamb, pork, veal — all cuts including fatty cuts
 - ✓ Naturally cured meats: parma ham, chorizo, salami, prosciutto
 - ✓ Fresh & smoked sausages (check for starch fillers)
 - ✓ Seafood: fish, prawns, calamari, mussels, oysters, crab
 - ✓ Tinned fish: sardines, tuna, mackerel, pilchards (in brine/olive oil)
 - ✓ Offal: liver, kidney, heart, bone marrow
 - ✓ Bacon (nitrate-free preferred)
- *Fatty cuts are preferred — richer in nutrients, more satiating & more affordable*

■ Full-Fat Dairy (Organic)

- ✓ Full-cream milk
 - ✓ Full-fat Greek yogurt (plain, unsweetened)
 - ✓ Hard cheeses: cheddar, gouda, parmesan, pecorino
 - ✓ Soft cheeses: brie, camembert, feta, mozzarella
 - ✓ Cream cheese & mascarpone
 - ✓ Cottage cheese (full-fat)
 - ✓ Cream: whipping, double & sour cream
 - ✓ Butter (salted or unsalted)
 - ✓ Ghee (clarified butter)
 - ✓ Full-fat coconut cream & coconut milk (unsweetened)
- *Always full-fat. Low-fat = added sugar. Limit or avoid if lactose intolerant*

■ Healthy Fats & Oils

- ✓ Avocado oil (high smoke point — ideal for cooking)
- ✓ Extra virgin olive oil (best cold/dressing)
- ✓ Coconut oil (ideal for high-heat cooking)
- ✓ Butter & ghee
- ✓ Duck fat & goose fat
- ✓ Lard (rendered pork fat)
- ✓ Beef tallow & dripping
- ✓ Macadamia oil
- ✓ Sesame oil (in small amounts for flavour)

■ *Healthy fats are your primary fuel on Banting — do not restrict them*

■ Avocados

- ✓ Whole avocados — eat freely, every day
- ✓ Guacamole (no added starch, sugar or seed oils)
- ✓ Avocado oil (listed in Fats section)

■ *The Banting superstar: very low sugar, very high in monounsaturated fat. No limit*

■ Beverages

- ✓ Water — still and sparkling (aim 2–3L daily)
- ✓ Black coffee (or with cream/full-fat milk)
- ✓ Bulletproof coffee (coffee + butter + coconut oil)
- ✓ All teas: green, black, herbal, rooibos
- ✓ Bone broth (excellent for electrolytes & gut health)
- ✓ Sparkling water with lemon, cucumber or mint

■ *Avoid fruit juice, soft drinks, flavoured waters & diet sodas — all spike insulin*

■ Above-Ground Vegetables

- ✓ All leafy greens: spinach, kale, Swiss chard, lettuce
- ✓ Broccoli & cauliflower
- ✓ Asparagus & artichokes
- ✓ Aubergine (eggplant) & courgettes (zucchini)
- ✓ Brussels sprouts & cabbage
- ✓ Leeks, onions, spring onions & garlic
- ✓ Mushrooms (all varieties)
- ✓ Bell peppers (red, green, yellow)
- ✓ Radishes & celery
- ✓ Pumpkin & butternut (moderate portions)
- ✓ Tomatoes & olives
- ✓ Sauerkraut & kimchi (fermented, unsweetened)

■ *Rule: grows above the ground = green-listed. Potatoes, carrots, parsnips = avoid*

■ Nuts & Seeds

- ✓ Almonds (whole, flaked, blanched)
- ✓ Macadamia nuts — highest fat, lowest carb nut
- ✓ Pecan nuts & walnut halves
- ✓ Pine nuts & Brazil nuts
- ✓ Flax seeds / linseeds (ground preferred)
- ✓ Chia seeds (swell in liquid — use in moderation)
- ✓ Pumpkin seeds (pepitas)
- ✓ Sunflower seeds
- ✓ Hemp seeds
- ✓ Sesame seeds

■ ■ *Peanuts are NOT included — they are legumes, not nuts, and are on the Red List*

■ Herbs, Spices & Condiments

- ✓ All fresh herbs: basil, parsley, coriander, thyme, rosemary
- ✓ All dried spices: turmeric, cumin, paprika, chilli, cinnamon
- ✓ Garlic & ginger (fresh or dried)
- ✓ Salt (sea salt / Himalayan — important on Banting)
- ✓ Apple cider vinegar & white wine vinegar
- ✓ Dijon mustard & wholegrain mustard
- ✓ Coconut aminos (soy sauce alternative)
- ✓ Lemon & lime juice (as flavouring)
- ✓ Stevia (natural, zero glycaemic impact)
- ✓ Xylitol (minimal impact — use in moderation)

■ *Check spice blend labels — some contain sugar, maltodextrin or starch as fillers*

■ BANTING GREEN LIST — FRUITS GUIDE

GREEN — Eat Freely

Avocado

Very low in sugar, extremely high in heart-healthy fat. The only fruit eaten freely on Banting.

ORANGE — Moderation

Berries

Strawberries, raspberries, blueberries, blackberries — small handful only. Lower sugar than most fruit.

RED — Avoid

All Other Fruits

Bananas, mangoes, grapes, oranges, pears, naartjies, apples — all high in fructose. On the red list.

■ COMMON SA FOODS — GREEN, ORANGE OR RED?

■ **Pap / Mealie Pap**

RED LIST

Refined maize meal — 30–40g carbs per serving. Spikes blood sugar rapidly.
 ■ **Alt:** Cauliflower mash with butter & cream

■ **Honey**

RED LIST

~80% sugar. Even a teaspoon disrupts fat-burning and fat adaptation.
 ■ **Alt:** Stevia drops or xylitol for sweetness

■ **Pear & Naartjie**

RED LIST

Pear ~15g sugar, naartjie ~9g — both high enough to spike insulin.
 ■ **Alt:** A small handful of berries (orange list)

■ **Avocado**

GREEN ✓

Eat freely. Very low sugar, very high healthy fat. A Banting staple.

■ **Spice Blends (3-Mix etc.)**

CHECK LABEL

Pure spice blends are fine. Check for sugar, maltodextrin or starch in the ingredient list.

■ **Biltong**

GREEN ✓

Excellent Banting snack — high protein, zero carbs. Choose plain over seasoned/sugared.

■ **Amasi (Maas)**

ORANGE

Fermented milk — probiotic benefits but higher in carbs than cream or hard cheese. Moderate portions.

■ BEGINNER'S QUICK-START GUIDE

1

Clear your pantry first

Remove all grains (bread, pasta, rice, cereals), sugar in all forms, seed oils (sunflower, canola, vegetable), and all processed foods before you start. If it is not in your kitchen, you cannot eat it impulsively.

2

Shop the green list

Restock with green-list staples: eggs, grass-fed butter, olive oil, avocados, full-fat cheese, leafy greens, quality meat, and tinned fish. Use the shopping list at paleopower.co.za/banting-shopping-list/

3

Eat only when hungry — stop when full

Do not count calories or force meals. Eat until satisfied (not stuffed) then stop. Hunger naturally reduces within 2 weeks as your body adapts to fat-burning.

4

Expect an adaptation phase

Days 3–7 may bring mild fatigue or headaches as your body transitions from glucose to fat for fuel. Increase salt slightly, drink 2–3L of water daily, and rest. This passes.

5

Always choose full-fat

Low-fat dairy = added sugar. Full-fat yogurt, cheese, cream and milk are all green-listed. Skim or lite versions always contain more carbohydrates.

6

Build your plate the Banting way

50% above-ground vegetables • palm-size quality protein • generous healthy fat (avocado, butter, olive oil, cream). No calorie counting needed.

■ QUICK ANSWER — PEOPLE ALSO ASK

Q: Is pap good for Banting?

A: No — pap is on the red list. It is made from refined maize meal, which is very high in carbohydrates and causes rapid blood sugar spikes. A serving contains 30–40g of carbs. Use cauliflower mash as a substitute.

Q: Is honey good for Banting?

A: No — honey is on the red list. Despite being natural, honey is ~80% sugar and triggers a significant insulin response. Use stevia or xylitol instead.

Q: What fruit can I eat on Banting?

A: Avocado freely. Berries (strawberries, raspberries, blueberries) in small amounts on the orange list. All other fruits — including pears, naartjies, oranges and bananas — are on the red list due to high fructose content.

Q: Can I have dairy on Banting?

A: Yes — full-fat, organic dairy is green-listed. Always choose full-fat. Avoid all low-fat or fat-free dairy as these contain added sugar.

Q: What happens after 2 weeks of no carbs?

A: Most people experience: reduced hunger and cravings, 2–4kg initial water weight loss, improved energy and mental clarity, reduced bloating, and the beginning of fat adaptation.

Q: Is biltong allowed on Banting?

A: Yes — plain biltong is an excellent Banting snack: zero carbs, high protein. Avoid flavoured varieties with sugar coatings or sweet marinades.

■ Want the full Banting Meal Plan? Get a free structured 7-day plan at:

paleopower.co.za/banting-meal-plan/

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