



ETERNITY HFLC NON-VEGETARIAN DIETARY GUIDELINES

Fewer carbs

More carbs

Cheese 1

Fish and seafood 0

Natural fats 0
(butter, olive oil etc.)

Meat 0

Eggs 1

Vegetables that grow
above ground 1-5



GREEN (Eat Freely – with the exception of nuts and seeds)

Foods	e.g.	1 portion size	Carbs (g)
Veg	Mainly above-ground vegetables: spinach, broccoli, cauliflower, lettuce, tomatoes, cucumber, mushrooms, peppers, Brussel sprouts, cabbage, green beans, brinjal, asparagus, baby marrow, celery, gem squash, pumpkin. But also the following root vegetables: onions, garlic, leeks and radishes	½ cup cooked or 1 cup raw	5
Protein			
- Animal protein	Meat, poultry, fish, eggs, cheese	1 matchbox size (30g)	0
Fat			
- Nuts/nut butters/ seeds/ avocado/ olives/ coconut		1 Tbsp	5
- Almond milk		1 cup	2
- Coconut milk		2 Tbsp	1
- Oils/ fats/ mayo	Butter, ghee, coconut oil, olive oil, macadamia nut oil, creamy mayonnaise, etc	1 tsp	0

Enjoy Freely

Protein Foods*: 30 g (1 match box size or 1 heaped Tbsp) of the following protein foods, contain approx. 7g protein and 0g carbs

- Eggs, beef, lamb, pork, game, chicken, duck, other poultry, fish, offal or organ meats, cold meats, hard or cream cheese

Dairy or dairy replacements: Specified portions of the *following foods* contain approx. 1-2 g carbs

- Cheeses – hard and soft (30 g/ 1 matchbox size), 2 Tbsp cream or coconut cream, unsweetened almond milk (1 cup)

Fats: 1 tsp – 1 Tbsp serving of the *following foods* contain approx. 0-2 g carbs

- Olive oil, coconut oil, butter, lard, ghee, avocado oil, macadamia oil, rendered animal fats, full fat unsweetened mayonnaise, cheeses, avocado pear, olives

Vegetables: half a cup cooked or one cup raw contains approx. 2-5 g carbs

- Avocado pear, olives, all green leafy vegetables (e.g. lettuce, spinach, cabbage), Mainly aboveground vegetables: spinach, broccoli, cauliflower, lettuce, tomatoes, cucumber, mushrooms, peppers, Brussel sprouts, cabbage, green beans, brinjal, asparagus, baby marrow, celery, gem squash, pumpkin.
- But also the following root vegetables: onions, garlic, leeks and radishes

Condiments: Herbs, spices, full fat mayonnaise (avoid any condiments that contain sugar)

Beverages: Water, tea, coffee



ORANGE (Limit)

Foods	e.g.	1 portion size	Carbs (g)
Fruit	Any, except for bananas, mangoes and grapes (which are higher in sugar)	1 tennis ball size or ½ a cup	15
Starchy vegetables/ legumes/ quinoa	Root vegetables (e.g. butternut, sweet potato, beetroot, carrots – but not potatoes), corn, beans, peas, lentils, quinoa	½ cup (cooked)	15
	Legumes – only eat if cooked and/or fermented Cook thoroughly probably in pressure cooker	½ cup	15
Dairy (full cream)	Milk, yoghurt – limit to half cup daily	½ cup	7
Alcohol	Dry white and red wine	150 ml	3-4
	Spirits (whiskey, gin, vodka, cane, rum)	30 ml	0
Nuts and Seeds	All nuts except cashews and peanuts All seeds except pumpkin, chia and sunflower seeds	Limit to a hand full	8



RED (Avoid)			
Foods	e.g.	1 portion size	Carbs (g)
Sugar			
- fruit juice, fizzy drinks/sodas	Orange juice, Coca Cola – all sodas including diet sodas	1 can (30 ml)	40
- sugar	Table sugar, honey, agave nectar, golden syrup, high fructose corn syrup, maple syrup	1 tsp	5
Alcohol	Beer, ale	1 can/ bottle	13-15
	Cider, alcoholic coolers, cocktails		30
Starches	Bread, chapati, naan, pasta, flour, potato, rice, barley, rye, oats, flour, cereals, etc.	1 slice of bread or ½ cup	15

Avoid

- **Starches:** Bread, pasta, flour, potato, rice, barley, rye, oats, flour, cereals, bran, bulgar, couscous, durum flour, farina, gluten, gluten flour, graham flour, kamut wheat, malt products, semolina, spelt, wheat products, arrowroot, amaranth, buckwheat, corn (maize), millet, quinoa, rice bran, potato starch, potato flour, sago, sorghum, tapioca
- **Protein foods:** Processed meats (e.g. luncheon meats, polony, Vienna sausages)
- **Fats:** Seed oils (e.g. sunflower seed oil), vegetable oils, commercial sauces, hydrogenated oils (e.g. margarine and vegetable oils)
- **Dairy or dairy replacements:** Fat-free and low-fat dairy products, rice milk, soy milk, coffee creamers, commercial cheese spreads, puddings, condensed milk
- **Starchy vegetables:** Potatoes
- **Fruit:** Dried fruit, fruit juice
- **Sweeteners:** Table sugar, honey, agave nectar, golden syrup, high fructose corn syrup, maple syrup
- **Beverages:** Juice, fizzy drinks other than unsweetened carbonated water, beer, cider, cordials
- **Other:** All processed food, fast food, foods with added sugar including sugar-sweetened desserts, sweets, chocolates and baked goods