

# Diet Comparison Chart

	LOW-CARB	PALEO	WAPF
<b>Meat, poultry, fish &amp; eggs</b>	Most sources encouraged; sugar-cured products avoided.	Pastured/grass-fed or wild-caught preferred. Offal/bone broths encouraged.	Pastured/grass-fed or wild-caught preferred. Offal/bone broths encouraged.
<b>Dairy</b>	Lower-carb dairy (cheeses, cream butter) permitted, milk avoided (carbs).	Avoided by Cordain et al, included by others (Sisson, Harris).	Raw, full-fat dairy encouraged.
<b>Vegetables</b>	Non-starchy vegetables.	Non-starchy vegetables encouraged; starchy vegetables included by some.	Encouraged, local/in-season preferred.
<b>Fruits</b>	Avoided in early phases, berries, melons preferred to higher carb fruits.	Moderated/encouraged (less fruit advised for weight loss).	Encouraged.
<b>Grains</b>	Generally avoided in pre-maintenance phases (carbs).	Avoided (anti-nutrients).	Grains prepared traditionally (soaked, sprouted, fermented) encouraged. Refined grains avoided.
<b>Nuts, seeds &amp; legumes</b>	Nuts & seeds avoided in early phases; legumes avoided (carbs).	Nuts & seeds generally encouraged. Legumes avoided (anti-nutrients).	Foods prepared traditionally (soaked, sprouted, fermented) encouraged.
<b>Fats</b>	Allowed.	Fats from grain/seed sources avoided (high omega-6). Fats from pastured animals, tropical oils (coconut, macadamia) encouraged.	Fats from grain/seed sources avoided (high omega-6, toxins from processing). Fats from pastured animals, tropical oils encouraged.
<b>Sugar</b>	Avoided; artificial sweeteners encouraged.	Natural form (honey) used sparingly. Artificial sweeteners included by some.	Natural sweeteners such as raw honey, maple syrup. Stevia allowed.
<b>Processed foods</b>	Low "net" carb products widely used.	Avoided.	Avoided.
<b>Other</b>			Lacto-fermented foods & unrefined salts encouraged.