

Wahls Diet Comparison

	Wahls Diet	Paleo	Whole30	AIP
Meat/fish	Green	Green	Green	Green
Eggs	Red	Green	Green	Red
Dairy	Red	Red	Red	Red
Soy	Yellow	Red	Red	Red
Gluten	Red	Red	Red	Red
GF grains	Yellow	Red	Red	Red
Legumes	Yellow	Red	Red	Red
Veggies (non-starchy)	Green	Green	Green	Green
Starchy veggies (e.g., potatoes, beets)	Yellow	Green	Green	Green
Nightshades (e.g., tomatoes, peppers)	Green	Green	Green	Red
Fruit	Yellow	Yellow	Yellow	Yellow
Nuts/seeds	Green	Green	Green	Red
Healthy fats/oils	Green	Green	Green	Green
Ghee (clarified butter)	Green	Green	Green	Red
Processed foods	Red	Red	Red	Red
Refined sugars	Red	Red	Red	Red
Artificial sugars	Red	Red	Red	Red
Raw sugar	Yellow	Yellow	Yellow	Red
Honey/maple syrup	Yellow	Yellow	Yellow	Yellow
Coffee	Yellow	Yellow	Yellow	Red
Alcohol	Yellow	Yellow	Yellow	Red