

# CERTIFIED PALEO<sup>®</sup> STANDARDS

JANUARY | 2020



# TABLE OF CONTENTS

CERTIFIED PALEO STANDARDS 2019

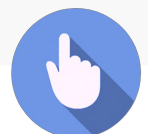


## INTRODUCTION


STATEMENT OF PURPOSE	3
MAJOR FACTORS INFLUENCING TOLERABILITY	4
STANDARDS & DEVELOPMENT	5

## STANDARDS

CERTIFIED PALEO LABEL	6
APPLICABILITY	6
GUIDELINES	7
USE OF THE CERTIFIED PALEO LABEL	8
GRAIN FREE REQUIREMENTS	9
LEGUME FREE REQUIREMENTS	9
DAIRY FREE REQUIREMENTS	10
ARTIFICIAL ADDITIVES AND PRESERVATIVES	10
ALLOWED INGREDIENTS LIST	11



# STATEMENT OF PURPOSE

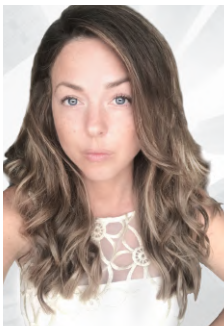


In loose terms, the Paleo Diet is a diet based on the types of foods presumed to have been eaten by early humans before the advent of agriculture. These foods included meat and seafood, nuts and seeds, roots and tubers, and fruits and berries. The diet of our ancient Paleolithic ancestors presumably excluded dairy, grains, and highly refined foods.

Unfortunately, the food landscape has changed significantly in the past 10,000 years, which makes defining items that fall into 21st century Paleo Diet a bit... tricky. Because the diet is theoretical in nature and up for wide interpretation, no single unified 'Paleo Diet' definition exists, and disagreements over specific food items and processing among the Paleo Community is common.

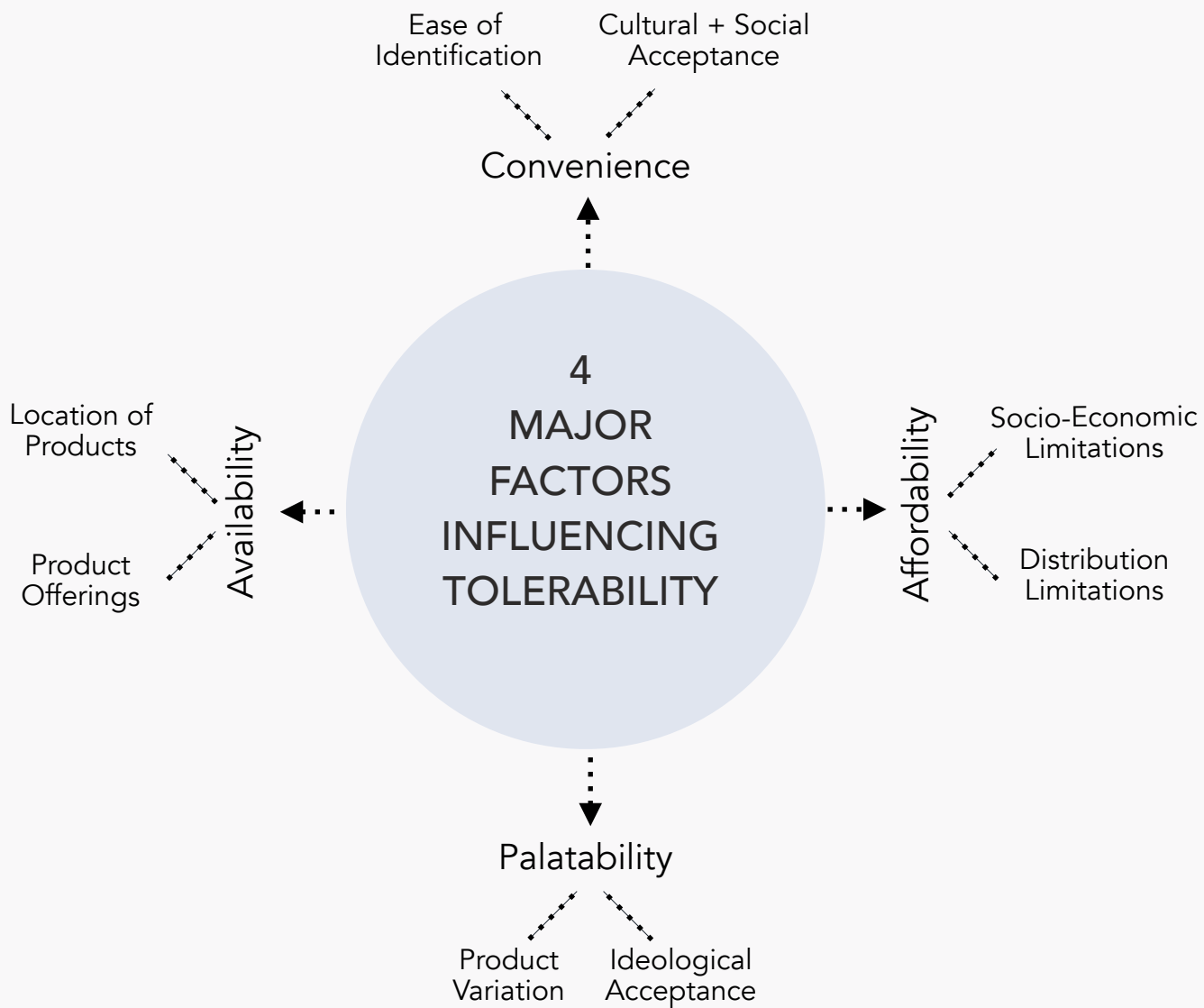
In the development of Certified Paleo Standards, The Paleo Foundation included ingredients and foods that meet the basic tenets of the Paleo Diet, while allowing for some 21st century considerations. One of the greatest considerations is increasing the tolerability of the restrictive Paleo Diet, as tolerability is widely considered the most important factor for diet acceptance and adherence. Thus, improving the palatability, availability, affordability, and convenience factors of Paleo compliant foods is crucial to preventing diet discontinuation.

Certified Paleo products are in a unique position to improve tolerability of the Paleo Diet, as improved palatability, convenience, and availability of compliant products allow the diet to be less restrictive. The Certified Paleo Standards and Certified Paleo program are aligned with The Paleo Foundation's mission to help improve the tolerability of the Paleo Diet.



*Karen Pendergrass*  
Karen Pendergrass  
Paleo Foundation  
CEO

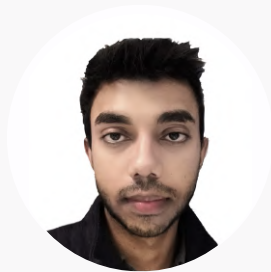




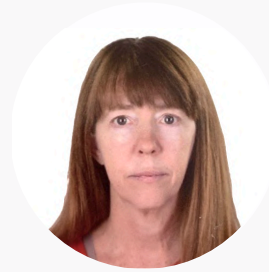




# STANDARDS & DEVELOPMENT



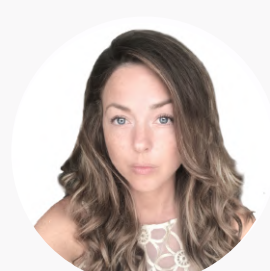
Zad Rafi  
Research Statistician,  
Bachelors in Neuroscience  
NYU Langone, Paleo  
Foundation



Kimberly Eyer  
BSN, RNFA, Managing Director St.  
John's Abulatory Services Center of  
Santa Monica, California. CFO  
Paleo Foundation



Robert Rivera  
B.S. Food Science and  
Technology. Health and  
Fitness Writer,  
HACCP Certified



Karen Pendergrass  
Researcher, Writer  
Business Administration  
UMKC, Founder, CEO  
Paleo Foundation



# CERTIFIED PALEO

Program Standards and Specifications 2019

## 1. Certified Paleo Label

The Certified Paleo Requirements for Grain-Free, Legume-Free, Dairy-Free, Artificial Coloring, Artificial Preservatives, Artificial Sweeteners and Artificial Flavor Enhancers-Free Products are outlined herein. These standards apply to all products certified by The Paleo Foundation for the Certified Paleo Program. Only certified Products following these standards are explicitly given the rights to use Certified Paleo logos, trademarks, certification marks, or other design marks hereinafter referred to as "Certified Paleo label".

### 1.1 Applicability

The Certified Paleo label was developed and trademarked by the The Paleo Foundation to identify food products that meet the standards of the paleo diet. The Certified Paleo™ Label is a certification mark registered with the U.S. Trademark and Patent Office, and its use is only permitted by those who have entered into a contractual agreement with The Paleo Foundation. The Certified Paleo™ Label was designed to establish an easily identifiable mark indicating that a product has met the strictures of a paleo diet template and merit use of the Certified Paleo Label. Certified Paleo requirements may be amended periodically based on current research.



## 1.2 Guidelines

### 1.2.1

The Certified Paleo label is allowed to be used on packaging, promotional materials, point of purchase materials, websites, sales literature, banners, company stationery, and other advertising materials. Use of the Certified Paleo label must comply with the guidelines as outlined in this document. If a company wishes to present the logos in a manner other than as described in Statement of Use Guidelines, The Paleo Foundation must approve the request and give permission in writing to the Producer.

### 1.2.2

Producers may display the Certified Paleo ® label only on products that have been certified by The Paleo Foundation.

### 1.2.3

Producers must have a contractual agreement with The Paleo Foundation to use the Certified Paleo label.

### 1.2.4

Producers may only use the trademark on company stationery if the entire product line has been audited and Certified Paleo.

### 1.2.5

If the entire product line has been audited and Certified Paleo, producers may display the Certified Paleo label on their entire website.

### 1.2.6

If the entire product line was not certified, the Certified Paleo label may appear on a page containing the audited and certified Certified Paleo products only.

### 1.2.7

Products that have not been audited and Certified Paleo are not permitted to appear on the same page as the Certified Paleo label, as this could mislead consumers.



## 1.3 Use of the Certified Paleo® Label

### 1.3.1

To complete the application process, the applicant must sign an affidavit stating that all answers and statements provided in their application were true to the best of their knowledge.

### 1.3.2

Use of the Certified Paleo™ label is only permitted after audit and certification of the applicant's products by The Paleo Foundation.

### 1.3.3

The Paleo Foundation retains the right to inspect the producer's products to verify that all requirements are met.

### 1.3.4

Use of the Certified Paleo label for any product that does not meet each of the Certified Paleo requirements, that has not been audited, or that has not been given explicit permission, is strictly prohibited.

### 1.3.5

Misuse of the Certified Paleo Label will result in immediate suspension of the agreement and/or prosecution.

### 1.3.7

The Certified Paleo label must be :



- ① Upright
- ② Complete
- ③ Clearly Visible



## 2. Grain-Free

### 2.0.1

All Products must not contain grains and be **grain free** to be eligible for use of the Certified Paleo label. There are no exceptions to this rule. Disallowed Grains include, but are not limited to:

Grains	Pseudo-Grains
Barley, Rice, Bulgur, Kamut, Oats, Spelt, Teff, Wheat, Wheat Berries, Triticale, Corn, Hominy, Rye, Sorghum	Amaranth, Quinoa, Buckwheat

## 3. Legume-Free

### 3.0.1

All Products must not contain legumes to be eligible for use of the Certified Paleo label. Disallowed Legumes include but are not limited to:

Legumes
Beans, Lentils, Peas, Peanuts, Soy and Soy derivatives, Tempeh

## 4. Dairy-Free

### 4.0.1

Certified Paleo Products must not contain dairy products to be eligible for use of the Certified Paleo label. For the purpose of this definition, eggs are not considered “dairy” products. This includes but is not limited to:

Dairy
Cheeses, Milk, Milk Derivatives, Yogurts, Cream, Evaporated Milk, Caseinates

## 5. Artificial Coloring, Preservatives, and Artificial Sweeteners and Flavors

### 5.0.1

Certified Paleo Products must not contain artificial coloring and preservatives to be eligible for use of the Certified Paleo label. This includes but is not limited to:

Colorings	Preservatives	Artificial Sweeteners	Flavor Enhancers
Coloring Derived from coal, tar, or petroleum	BHA and BHT	Aspartame	Glutamates
FD&C Blue No.1 , No.2	TBHQ	Potassium Acesulphame	Guanylates
FD&C Green No. 3	Propionic Acid and Propionates	Cyclamates	Inosinates
FD&C Red No. 40	Sodium Ethyl Para Hydroxybenzonate	Alcohol Sugars	
FD&C Yellow No. 5, No. 6	Hexamine, Tetramine	Corn Syrups	
Tartrazine	Potassium Ferrocyanide	Acesulfame Potassium	
Caramel		Neotame	



## 6. Allowed Ingredients List

### 6.0.1

The following ingredients are eligible for use of the Certified Paleo label, provided that they do not exceed total carbohydrate criteria. Allowed ingredients will be amended from time to time as necessary. These ingredients include, but are not limited to:

Meats	Seafood	Fruits	nuts
Certified Paleo Approved animals automatically accepted. Herbivores must be 100% grass-fed, forage-fed, and pastured. Omnivores should be pastured. USDA inspected, wild-harvested, wild-caught, or trapped animals allowed.	Wild-Caught seafood, bivalves may be farmed.	All fruits are allowed Dried Fruits, Fruit Juices, Berries	All nuts are allowed
Oils and Fats	Flour	Milks	Sweeteners
Pastured tallow, lard, All nut oils Avocado Oil, Olive Oil, Coconut Oil, High Oleic Sunflower Oil	All nut flours are allowed Sweet Potato flour, coconut flour, tapioca flour, arrowroot flour	All nut milks are allowed Hemp Milk Coconut Milk and Coconut Water	honey, stevia, maple syrup, coconut sugar, coconut sap, coconut nectar, date sugar, fruit juice, date sugar
Vegetables	Roots and Tubers	Spices	Teas and Coffee
All vegetables Vegetable Juices Sea vegetables, Seaweed, Algae	All roots and tubers	All spices are allowed Sea Salts, Smoked Salts, Salt blends	All teas and coffee are allowed
Seeds	Chocolate	Fermented Foods	Miscellaneous
Sunflower seeds, chia seeds, mustard seeds,	Dark Chocolate	Non-grain vinegar is allowed Sauerkraut, Kimchi, Kombucha, Kefirs	Grass-fed Gelatin, Grass-fed Broths

If you have any further questions regarding items on this list, or items that are not listed, please contact us at [info@paleofoundation.org](mailto:info@paleofoundation.org)

®



Certified Paleo Standards for products,  
Copyright Paleo Foundation, 2020

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



 **creative  
commons**