



## THE PALEO DIET® CERTIFICATION CRITERIA

Last Updated: November 7, 2023

The Paleo Diet® offers two certifications, TRUEPALEO™ and PaleoFLEX™.

TRUEPALEO™ certification indicates full compliance with The Paleo Diet®. To earn TRUEPALEO™ certification, the product must meet all requirements of The Paleo Diet® and be produced with little to no processing.

PaleoFLEX™ certification recognizes that some food products, in order to satisfy a variety of factors, will not meet all requirements of The Paleo Diet®. PaleoFLEX™ allows for some flexibility while still following the principles of The Paleo Diet founder Dr. Loren Cordain.

In addition to the below criteria, food products that use multiple Paleo ingredients to create highly processed food products, unnatural combinations of ingredients, or unnaturally high quantities of ingredients, which otherwise violate the spirit of a natural Paleolithic diet, or which introduce potential health consequences, may not be approved for certification at the discretion of The Paleo Diet, LLC.

The certification criteria are offered for guidance only and are subject to change as dictated by our understanding of the scientific data.

All food products seeking The Paleo Diet® certification must pass our certification criteria and approval process. The Paleo Diet® reserves the exclusive right to determine final eligibility for certification.

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## **TRUEPALEO™ CERTIFIED\***

To qualify for TRUEPALEO™ certification, the product must meet all of the criteria listed below.

- No dairy (specifically milk-based ingredients)
- No cereal grains or pseudo-cereal grains
- No pulses or grain legumes
- No potatoes except sweet potatoes and yams. No cassava.
- No added sodium, including table salt, sea salt, and Himalayan salt
- No additives
- No GMO-derived or bioengineered foods
- Limited added allowable sugars ( $\leq 4$  grams per 100 Calories)
- Only allowable high-intensity sweeteners
- Only allowable oils
- All ingredients are sourced from agricultural systems compliant with sustainable production requirements.

## **PaleoFLEX™ CERTIFIED\***

To qualify for PaleoFLEX™ certification, the product must meet all of the criteria listed below.

- No dairy (specifically milk-based ingredients)
- No cereal grains or pseudo-cereal grains
- No pulses or grain legumes
- No potatoes except sweet potatoes and yams. No cassava.
- No more than 130 milligrams of added sodium per 100 Calories
- No more than one approved additive
- No GMO-derived or bioengineered foods
- Limited added allowable sugars ( $\leq 6$  grams per 100 Calories)
- Only allowable high-intensity sweeteners
- Only allowable oils

*\* Neither the TRUEPALEO nor PaleoFLEX certifications should be considered allergen statements or be construed as evidence that the product is free of allergens.*

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