

## Foods To Avoid Completely

### **Meats, Dairy and Fats**

- Fast Food Meats
- Processed Meats
- Lunch meats with nitrites
- Meats containing MSG
- Packaged or altered meats
- Meats with fillers
- Sausage with added sugar
- Pasteurized Milk
- Processed Cheese foods
- Egg Beaters
- Half and Half
- Hydrogenated Fats
- Vegetable Oils (canola, cottonseed, vegetable, soy, peanut, corn, etc)
- Shortening
- Margarine
- Anything labeled Fat Free or Reduced Fat
- Bottled Salad Dressings
- Store bought mayo
- Fried Meats or other foods
- Yogurts with sugar
- Ice Cream

### **Grains and Sugars**

- Wheat
- Spelt
- Oats
- Rye
- Corn
- Quinoa
- Cereals
- Granola Bars
- Popcorn
- Tortillas
- Bread
- Beans (unless properly soaked)
- Rice
- Potatoes
- Sugar
- Agave
- Artificial Sweeteners
- Canned Fruit
- Fruit Juices
- Instant Drinks
- Bottled Drinks
- Rice Milk
- Almond Milk (unless homemade)
- Peanuts
- Anything with high fructose corn syrup
- Stevia Powders
- Candy
- Cookies
- Pastries
- Cakes
- Sprouted Breads
- Donuts
- Pies

### **Other & Non Food Dangers**

- Frozen Entrees
- Soda (regular or diet)
- Microwaved foods
- Energy Drinks
- Food from vending machines
- Fast food
- Coffee
- Alcohol
- Chips or snack foods
- Any food that is processed, bleached or chemically altered
- Sunscreens
- Scented Candles and Air Fresheners
- Breath sprays, mints and mouthwashes
- Chewing Gum
- Regular shampoo, deodorant, toothpaste, lotions, etc (full of chemicals)
- Tooth Whiteners
- Tobacco
- Plastic water bottles
- Any unnecessary drugs, prescription or OTC