



FOODS TO AVOID

IN GENERAL ITEMS TO AVOID

Genetically Modified foods (GM or GMO)
Gluten-Containing Foods
All Legumes, including peanuts and cashews
Corn
Soy
Canned Vegetables
Non-Organic Vegetables
Processed Grains
Synthetic oils
Soda
Preservatives
Additives
Trans fats
Sugars
Glyphosate and other pesticides/herbicides
Low fat foods
Fortified Foods
Low sodium foods
High inflammatory foods
Soda
Sweetened Drinks
Pasteurized Milk
Soy Milk
Sports Drinks
Diet Drinks

MEATS TO AVOID

Vegan or vegetarian meat alternatives
Soy meats
Caged Animals
Grain-Fed Beef
Grain-Fed Chicken
Conventionally Raised Animals
Animals given antibiotics or growth hormones
Deli meats full of nitrates

OILS AND FATS TO AVOID

Safflower Oil
Sunflower Oil
Canola Oil
Grapeseed Oil
Wheat Germ Oil
Vegetable Oil
Cottonseed Oil
Soybean Oil
Corn Oil
Margarine

FOODS TO AVOID

SWEETENERS TO AVOID

Splenda
Mannitol
Sorbitol
Xylitol
Maltodextrin
Agave Nectar
Fructose
Rice Syrup
Date Sugar
Coconut Sugar
Maltitol
Apple Juice
Honey
Yacon Syrup
Maple Syrup
Turbinado Sugar
Brown Sugar
Refined White Sugar
Dextrose
Maltose

IMMUNE SYSTEM OFFENDERS

Gluten
Lectins
Emulsifiers
Artificial Food Dyes

ANGIOGENESIS/METASTASIS OFFENDERS

Trans fats, especially synthetic, partially hydrogenated oils
Baked goods trans fats
Fried foods
Margarines
Nondairy creamers

