

# Foods to Avoid

- All forms of sugar including honey, molasses, and agave (See Sugar List).
- Artificial Sweeteners such as Equal, Sweet-N-Low, Splenda.
- All forms of flour and products containing it, including bread and bread crumbs.
- All processed grains including wheat, corn, rice, couscous, pasta, and cereal (see good foods list for whole grains list).
- All processed food including boxed, jarred, canned, prepackaged, frozen, junk food, fast food.
- High Carbohydrate, High Glycemic, and moldy fruits: Melons, Apples, Oranges, Figs, Dates, Pineapple, Kiwi, Papaya, Mango, Bananas, all dried fruits.
- High Carbohydrate, High Glycemic, and starchy Vegetables: Potatoes, Beets.
- Dairy (see good foods list for yogurt, and acceptable dairy): Milk and Cheese.
- Meat, Eggs, and Dairy containing antibiotics or hormones.
- Fish that is high in Mercury (shark, tuna, swordfish, and farm raised fish).
- Egg and butter substitutes (no margarine!).
- Vegetable Oils and Trans-fat products (see good foods list for acceptable oils).
- Legumes and beans.
- Peanuts, Cashews, and Pistachios (see good foods list for acceptable nuts).
- Yeast or fungus containing foods like mushrooms, brewer's yeast, hydrolyzed yeast, nutritional yeast, pastry and bread products, and all forms of alcohol.
- Soy products should be avoided due to the hormonal imbalances they can cause and the tendency to use fermentation in processing.
- Vinegar and anything containing vinegar like condiments (mayo, ketchup, mustard, barbeque sauce, salad dressings, bottled sauces) pickles or pickled products, dips, etc...
- Juice, soda, processed drinks, coffee and tea, chlorinated or fluoridated water, and water containing heavy metal contaminants.
- Any fermented foods or foods that will ferment during the digestive process.
- Supplements containing Wheat, Dairy, Soy, or Yeast.
- Anything higher than 55 on the Glycemic Index.
- Any food that causes symptoms or problems.

## **When in doubt:**

Check against the good foods list.

Check the [Glycemic Index](#).

If it causes problems, don't eat it.