



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

