



Consume ~20% or less of your from these foods

DAIRY	BEANS & LEGUMES	ALCOHOL/BEV
<p>*Dairy sensitivities and allergies are more common than you'd think – use caution</p> <p>Milk</p> <p>Heavy Cream (on both lists)</p> <p>Whipped Cream</p> <p>Pasteurized, <u>non</u>-grass fed butter*</p> <p>Cheese</p> <p>Creamer!!!</p> <p>Yogurt</p> <p>Cottage Cheese</p> <p>Ice Cream</p>	<p>Beans</p> <p>Legumes</p> <p>Lentils</p> <p>Soy beans (tofu, all soy products)</p>	<p>Temporarily – as a reset</p> <p>Beer</p> <p>Wine</p> <p>Spirits</p> <p>(OK, So all of them!)</p>

HIGHLY PROCESSED	HIGH SALT-CONTAINING FOODS		
<p>Preservatives</p> <p>Hydrogenated fats</p> <p>Grain-based baked goods</p> <p>Chips</p> <p>Cookies/Bread</p> <p>Cereal</p> <p>(No, Fruity Pebbles is not good because it has Cavemen on the box!)</p> <p>Bacon – cheap, cured</p> <p>“Boxes”</p>	<p>Almost all commercial salad dressings & condiments</p> <p>Frankfurters, highly processed (more than 3 ingredients)</p>	<p>Hot dogs (more than 3 ingredients)</p> <p>Ketchup (make your own)</p> <p>Pork rinds</p> <p>Highly processed meats</p>	<p>Highly processed sausages *3</p>

GRAINS / PSEUDOGRAINS	SUGAR	OTHER
<p>Use caution with Grains, especially American grown.</p> <p>Amaranth</p> <p>Barley</p> <p>Bread/Pasta</p> <p>Bulgur (wheat)</p> <p>Corn</p> <p>Kamut</p> <p>Millet</p> <p>Oats</p> <p>Quinoa</p> <p>Whole Grain Rice, all</p> <p>Rye</p> <p>Spelt</p> <p>Wheat</p>	<p>Sugar</p> <p>Candy/Sweets</p> <p>Soda</p> <p>Artificial Sweetener</p> <p>Nutrasweet Splenda, Equal, (Pink, Yellow, Blue)</p> <p>High Fructose Corn Syrup</p> <p>Added Fructose</p> <p>Gatorade</p> <p>Sugar substitutes ending in -ose, -ilytol or -tol</p>	<p>Margarine</p> <p>Generic cooking oils (Smart Balance, Enova)</p> <p>Canola Oil (Rapeseed Oil)</p> <p>Soybeans & Soybean Oil</p> <p>Corn Oil</p> <p>Peanut Oil</p> <p>Grapeseed Oil</p> <p>Cottonseed oil</p> <p>Safflower oil</p> <p>Sunflower seed oil</p> <p>Soda (reg/diet)</p>

Referenced above:

*2 Nature's Food Patch, Whole Foods, Trader Joes & The Fresh Market are some of our Pinellas County Health Food Stores. Bulk nuts are generally less costly than pre-canned, “salted” nuts. Salt is OK *3 Sausages...meaning the Jimmy Dean, highly processed, high in salt kind. Opt for all natural from Nature's Food Patch, Whole Foods