



Consume ~20% or less of your diet from these foods

DAIRY	BEANS & LEGUMES	ALCOHOL/BEV
<p><i>*Dairy sensitivities and allergies are more common than you'd think – use caution. Many people do better without dairy in their diets daily.</i></p> <p>Milk Whipped Cream Pasteurized, <u>non-</u>grass fed butter* Creamer Yogurt Cottage Cheese Ice Cream</p>	<p>Beans Legumes Lentils Soy / beans (<i>tofu, all soy products</i>)</p> <p>Note: Peanuts and Cashews are not nuts, they're legumes!</p>	<p><i>Temporarily – as a reset</i></p> <p>Beer <u>Wine</u> Spritzers Mixed Drinks Spirits (OK, So all of them!)</p>

HIGHLY PROCESSED	HIGH SALT-CONTAINING FOODS		
<p>Preservatives Hydrogenated fats Seed oils Grain-based baked goods Chips/crackers Cookies/Commercial bread Cereal (No, Fruity Pebbles is not good because it has Cavemen on the box, and the bee doesn't make Cheerios OK) <u>Bacon – cheap, cured</u> (also on the good list!)</p>	<p>Almost all commercial salad dressings & condiments (<i>seed oils</i>) Frankfurters, highly processed (<i>more than 3 ingredients</i>)</p>	<p>Hot dogs (<i>more than 3 ingredients</i>) Ketchup (<i>make your own</i>) Pork rinds (<i>make your own</i>) Highly processed meats</p>	<p>Highly processed sausages *3</p>

GRAINS / PSEUDOGRAINS	SUGAR/SUBSTITUTES	OTHER
<p><i>Use caution with Grains, especially American, and if you feel you are “carb sensitive”.</i></p> <p>Amaranth Barley Bread/Pasta Bulgur (wheat) Corn Kamut Millet <u>Oats</u> Quinoa Whole Grain Rice, all Rye Spelt Wheat</p>	<p>Sugar Candy/Sweets Soda (<i>reg/diet</i>) Artificial Sweeteners <i>Nutrasweet Splenda, Equal, (Pink, Yellow, Blue)</i> High Fructose Corn Syrup Added Fructose Gatorade Sugar substitutes ending in –ose, or -tol</p>	<p>Margarine Generic cooking oils (<i>Smart Balance, Enova</i>) Seed Oils Canola Oil (<i>Rapeseed Oil</i>) Soybeans & Soybean Oil Corn Oil Cottonseed oil Flaxseed oil Peanut Oil Grapeseed Oil Cottonseed oil Hemp seed oil Rice bran oil Safflower oil Sunflower seed oil Sesame oil</p>

Referenced above:

*2 Nature's Food Patch, Whole Foods, Trader Joes, Sprouts & 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.