



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

DAIRY	BEANS & LEGUMES	ALCOHOL/BEV
<p>*Dairy sensitivities and allergies are more common than you'd think – use caution. Many people do better without dairy in their diets daily.</p> <p>Milk Whipped Cream Pasteurized, <u>non-grass fed</u> butter* Creamer Yogurt Cottage Cheese Ice Cream</p>	<p>Beans Legumes Lentils Soy / beans (tofu, all soy products)</p> <p>Note: Peanuts and Cashews are not nuts, they're legumes!</p>	<p>Temporarily – as a reset</p> <p>Beer Wine Spritizers 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) <b>Bacon – cheap, cured</b> (also on the good list!)</p>	<p>Almost all commercial salad dressings &amp; condiments (seed oils) Frankfurters, highly processed (more than 3 ingredients)</p>	<p>Hot dogs (more than 3 ingredients) Ketchup (make your own) Pork rinds (make your own) Highly processed meats</p>	<p>Highly processed sausages *3</p>

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