

FOODS TO AVOID

ALL FRUIT

(besides limes and lemons)

STARCHY VEGETABLES

(acorn squash, butternut squash, beets, carrots, potatoes, cassava)

ALCOHOL

PROCESSED FOODS

(including whey, pea, soy, rice, and hemp protein powders)

ARTIFICIAL COLORINGS

(Red 40 Lake, Titanium Dioxide, Red 40, Yellow 5 Lake, Yellow 5, Yellow 6 Lake, Yellow 6, Blue 2 Lake, Blue 1, Blue 1 Lake)

PROCESSED SUGAR DRINKS

(soda, juice, kombucha)

COW'S MILK AND CHEESE

PISTACHIOS

BEANS, LENTILS, & SOY

BREAD, GRAINS, & SEEDS

(Oats, corn, wheat, rice, quinoa, pasta, buckwheat, sprouted grains)

VEGETABLE & HYDROGENATED OILS

(canola, corn, soybean, cottonseed, sunflower, grapeseed)

ARTIFICIAL AND NATURAL SWEETENERS

honey
maple syrup
coconut sugar
dates
molasses
cane sugar
beet sugar
agave nectar
dextrose
sucralose
cane alcohol
maltodextrin
aspartame
MSG
dextrin
glucose
Glucono Delta
Lactone (GDL)
mono-glycerides
diglycerides,
sorbitol
modified food starch

caramel coloring or flavoring
Swerve
barley malt
barbados sugar
brown sugar
buttered syrup
cane juice
corn syrup, corn syrup solids,
confectioner's sugar
carob syrup
castor sugar
D-ribose
date sugar
dehydrated cane juice
demerara sugar dextrin
diastatic malt
diatase
ethyl maltol
fruit juice
fruit juice concentrate
galactose
glucose

glucose solids
golden sugar
golden syrup
granulated sugar
grape sugar
high fructose corn syrup
icing sugar
invert sugar
lactose
malt
maltose
malt syrup
mannitol muscovado
panocha
powdered sugar
refiner's syrup
rice syrup
sucrose
treacle
turbinado sugar
yellow sugar

