

Top Processed

FOODS TO AVOID



Making better choices and cultivating a healthier lifestyle involves opting for whole, unprocessed foods to provide your body with essential nutrients that promote health, wellness, and longevity.

Do your best, it's not all or nothing, but avoiding processed foods that contain excess sugars, additives, preservatives, pesticides, herbicides, fungicides, GMOs, nitrates, artificial flavors, colors, and smells will reduce your risk of negative health outcomes, including cancer.

Enjoy fresh fruits and veggies. Soak your legumes, nuts, and seeds before you eat, sprout them if you can. Make homemade sauces and dressings with herbs from your pantry. Eat whole grains that aid in digestion and assimilation. Animal proteins should be grass-fed and humanely treated. Delight in unrefined and cold-pressed nutrient rich oils. Eat in moderation if organic & GMO free. You are allowed natural sugars like honey, maple syrup, erythritol, stevia/rebaudioside, xylitol, and yacon.

Fruits	Beverages	Artificial Sugar Substitutes	30+ Processed Sugars Names
<ul style="list-style-type: none"> → NO canned, boxed, bagged prepacked, and/or sugar added fruits 	<ul style="list-style-type: none"> → All alcohol 	<ul style="list-style-type: none"> → Acesulfame potassium: Sweet One, Sunett → Advantame → Aspartame: NutraSweet, Equal → Neotame: Newtame → Purified stevia: Truvia, PureVia, SweetLeaf, Sun Crystals, Steviva → Saccharin: Sweet'N Low, Sweet/Sugar Twin → Sucralose: Splenda 	<ul style="list-style-type: none"> → Barley malt → Beet sugar & syrup → Brown rice syrup → Brown sugar → Cane sugar/syrup/juice → Caramel & syrup → Confectioner sugar → Corn sugar & syrup → Dextrin → Dextrose → Evaporated cane → Fructose → Fruit juice & syrup → Glucose & syrup → High-fructose corn syrup (HFCS) → Invert sugar → Malt syrup any kind → Maltodextrin → Muscovado sugar → Palm sugar → Panela sugar → Saccharose → Sorbitol → Sorghum syrup → Sucanat → Sucrose → Sugar raw/powdered → Syrup → Tapioca syrup → Treacle → Turbinado sugar
Vegetables <ul style="list-style-type: none"> → Corn → Soy (only organic & fermented) 	NO SWEETENED: <ul style="list-style-type: none"> → Coffee drinks → Juice → Milks → Protein powder → Smoothies → Soda → Sport drinks → Waters 	Hydrogenated & (PHO) Partially Hydrogenated Oils <ul style="list-style-type: none"> → Canola (rapeseed) → Corn → Cottonseed → Crisco/shortening → Grapeseed → High-stearate/oleic acid → Margarine/butter spread → Palm → Peanut → Rice Bran → Soybean → Safflower → Sunflower → Vegetable 	
Nut/Butter <ul style="list-style-type: none"> → Peanuts/butter (only organic unsweetened) 	Refined Foods & Carbohydrates <ul style="list-style-type: none"> → Bagels → Bread → Breadsticks → Brownies → Cake → Candy → Cereal/Granola → Chips → Chocolate → Cookies → Couscous → Crackers → Croissants → Cupcakes → Muffins → Oats - flavored → Pasta → Pastries → Pita → Pizza → Popcorns → Rolls → Tortillas → Tortilla chips 	Fast or Fried Food <ul style="list-style-type: none"> → Processed Meats → Deli, Bacon, Sausage 	
Sauces & Dressings <ul style="list-style-type: none"> → Added sugar; ketchup, BBQ sauce, honey mustard, coffee creamer, etc. → Bottled salad dressings → Soy sauce (use coconut aminos) 			
Dairy <ul style="list-style-type: none"> → Condensed milk → Flavored yogurts → Milk → Processed cheeses 			
			In addition, please scan this Hidden Toxic Chemical Cheat Sheet.