

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.

<p>Fruits</p> <ul style="list-style-type: none"> → NO canned, boxed, bagged, prepacked, and/or sugar added fruits <p>Vegetables</p> <ul style="list-style-type: none"> → Corn → Soy (<i>only organic & fermented</i>) <p>Nut/Butter</p> <ul style="list-style-type: none"> → Peanuts/butter (<i>only organic unsweetened</i>) <p>Sauces & Dressings</p> <ul style="list-style-type: none"> → Added sugar; ketchup, BBQ sauce, honey mustard, coffee creamer, etc. → Bottled salad dressings → Soy sauce (<i>use coconut aminos</i>) <p>Dairy</p> <ul style="list-style-type: none"> → Condensed milk → Flavored yogurts → Milk → Processed cheeses 	<p>Beverages</p> <ul style="list-style-type: none"> → All alcohol <p>NO SWEETENED:</p> <ul style="list-style-type: none"> → Coffee drinks → Juice → Milks → Protein powder → Smoothies → Soda → Sport drinks → Waters <p>Refined Foods & Carbohydrates</p> <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 	<p>Artificial Sugar Substitutes</p> <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 <p>Hydrogenated & (PHO) Partially Hydrogenated Oils</p> <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 <p>Fast or Fried Food</p> <ul style="list-style-type: none"> → Processed Meats → Deli, Bacon, Sausage 	<p>30+ Processed Sugars Names</p> <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 <i>any kind</i> → Maltodextrin → Muscovado sugar → Palm sugar → Panela sugar → Saccharose → Sorbitol → Sorghum syrup → Sucanat → Sucrose → Sugar <i>raw/powdered</i> → Syrup → Tapioca syrup → Treacle → Turbinado sugar <p>In addition, please scan this Hidden Toxic Chemical Cheat Sheet.</p> 
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