

## **Toxic Foods to Toss**

- ❖ Alcohol.
- ❖ Fast foods, junk foods, processed foods.
- ❖ Food additives; any foods that contain artificial colors, flavors, or preservatives.
- ❖ Genetically modified foods (GMO's), including canola oil and beet sugar.
- ❖ Processed meats: canned meats (such as SPAM; (canned fish is okay), cold cuts, hot dogs; sausage is okay, but make sure it's gluten free.
- ❖ Processed and refined oils: mayonnaise, salad dressings, shortening, spreads.
- ❖ Refined oils, hydrogenated fats, trans fats, including margarine.
- ❖ Stimulants and caffeine: chocolate, coffee, decongestants, yerba mate.
- ❖ Sweeteners: sugar, sugar alcohols, natural sweeteners (such as honey, agave, maple syrup, molasses, and coconut palm sugar), sweetened juices, high-fructose corn syrup: Steve in moderation is okay.
- ❖ Trans fats and hydrogenated oils, which are frequently found in packaged and processed foods.

## **Condiments and Spices to Toss**

- ❖ Barbecue sauce
- ❖ Red pepper flakes
- ❖ Cayenne pepper (black pepper is okay)
- ❖ Relish
- ❖ Chocolate (100 percent cacao is approved)
- ❖ Soy sauce
- ❖ Ketchup
- ❖ Tamari
- ❖ Teriyaki sauce