

The Following Applies to Everyone

Foods and Ingredients to Limit or Avoid

Sugars, Sweets and Sweeteners

Agave	Corn Syrup	Ice Cream	Sherbet
Beet Sugar	Date Sugar	Juice Concentrate	Sorbet
Brown Sugar	Dextrose	Karo Syrup	Sorghum Syrup
Candy	Fructose	Lactose	Sucanat
Cane Juice	Fruit Juice	Maple Syrup	Sucrose
Carob	Glucose	Maltose	Sugar
Most Chewing Gum	High Fructose Corn Syrup	Molasses	Syrup
Most Chocolate	Honey	Nectar	Turbinado Sugar

Gluten Grains, Breads, Etc.

Bagels (unless Gluten Free)	Pizza Crust (unless Gluten Free)
Barley	Pop Tarts
Bulgur Wheat	Rye
Buns (unless Gluten Free)	Spelt
Cake (unless Gluten and Sugar Free)	Sprouted Barley
Most Cereals (unless Gluten and Sugar Free)	Sprouted Spelt
Cookies (unless Gluten and Sugar Free)	Sprouted Wheat
Couscous	Waffles (unless Gluten and Sugar Free)
Crackers (unless Gluten Free)	Wheat
Donuts	Wheat bran
Ezekiel Bread	Wheat starch
Flour Tortillas	Wheat Thins
Gluten	White Bread (unless Gluten Free)
Jams and Jellies	White Flour (unless Gluten Free)
Lavash (unless Gluten Free)	White Rice (Except Basmati)
Pancakes (unless Gluten and Sugar Free)	Whole Grain Bread (unless Gluten Free)
Pita (unless Gluten Free)	

Proteins, Dairy, Nuts and Fats

Processed Cheese	Margarine
Non-Organic Cheese	Processed Meats (unless organic)
Cool-Whip	Pasteurized Milk, especially non-organic
Corn Oil	Non-Dairy Creamers
Cottonseed Oil	Peanuts and Peanut Butter
Deep-fried foods	Pork
Eggnog (unless homemade without sugar)	Raw Nuts and Seeds
Any Large or Predatory Fish	Readi-Whip
Fish Sticks	Soybean Oil (except if organic and in small amounts)
Honey-Roasted Nuts	Trans-Fats
Hydrogenated Oils	Sweetened Yogurt
Ice Cream	Yogurt with fruit

All Fruit

All Fruit, particularly grapes, figs, lychee, mangoes, pomegranates, persimmons, bananas, apples, tangerines, pears, plums, pineapple and oranges. (Avocado, Lemons, Limes and Rhubarb are fine. On a case-by-case basis, if fruit is allowed, the follow are acceptable in moderation and only if organic: apricots, coconut, cranberries, guavas, raspberries, blackberries, strawberries, blueberries and cherries.)

All Fruit Juice
All Dried Fruit, particularly dates and raisons.
Applesauce
Apple butter
Cranberry sauce (unless homemade without sugar)

Vegetables

Eggplant
Peppers, all
Potatoes, all
Tomatoes, all

Miscellaneous

Alcohol
Cole Slaw (unless sugar-free)
Cough Lozenges (occasional use
for severe cough is ok)
Cough Syrup
Ketchup

Relish (unless sugar-free)
Most Bottled Dressings (unless sugar-free)
Most Bottled Sauces (unless sugar-free)
Most Soda Pop (except Zevia or Blue Sky Zero)
Steak Sauce
Sweet Pickles