

## FOODS TO AVOID – SUMMARY

### Bad Fats

**Criteria:**

Animal fats  
Processed fats (such as hydrogenated oils)  
Fats exposed to high heat (fried foods)

**Why?**

They are stored as fat in your body.  
They tie up your red blood cells, causing fatigue, and lack of mental clarity.  
They block your body's ability to burn fat.  
They raise your cholesterol, and have been linked to heart disease and cancer.

**Examples:**

Anything fried  
Butter  
Lard  
Margarine  
Mayonnaise  
Regular salad dressing  
Cream sauce (Alfredo or Béarnaise)  
Bacon or sausage  
Hot dogs  
Regular lunch meats  
Red meat (beef, pork, lamb, veal)  
Whole eggs  
Regular cheese (60-90% fat)

Whole-fat dairy products (milk, sour cream, cream cheese)

Low-fat dairy products (low-fat milk, sour cream, cream cheese)

All types of processed vegetable oils  
Roasted nuts or seeds  
Peanut butter  
Ice cream  
Gravy

### Processed Carbohydrates

**Criteria:**

Processed and highly refined (usually white)  
Worse on an empty stomach  
Avoid any carbohydrate by itself

**Why?**

They trigger the release of excess insulin which blocks fat burning and promotes insulin resistance.  
They encourage your body to store fat.  
They cause hypoglycemia (low blood sugar).  
They cause hunger, cravings & overeating.  
They cause low energy and mood swings.  
They lower your immune system, decreasing resistance to disease.

**Examples:**

Alcohol of any type is the most refined carbohydrate  
Sugar of any type  
Sweeteners of any type (NutraSweet, Equal)  
White flour products of any type (bread, bagels, tortillas)

Dry breakfast cereals of any type  
Cake of any type  
Candy of any type  
Cookies of any type  
Pie of any type  
Dried fruit of any type  
Granola or Muesli of any type  
Jam or jelly of any type  
Muffins or donuts of any type  
White flour pasta  
Popcorn of any type  
White potatoes (Brown Russet, etc.)  
White rice or rice cakes of any type  
Rolls of any type  
Sodas of any type, including diet soda