

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