



# Foods to Avoid

Processed and fried foods.

Sugar and high-fructose corn syrup

Artificial sweeteners

Trans and hydrogenated fats.

Starchy fruits and vegetables, such as bananas, potatoes, corn, and peas.

Deli meats high in salt and fats.

Peanuts, soy, and other legumes, except for chickpeas and lentils.

Dried fruit and fruit juices.

All grains containing gluten.

Eggs and dairy, except for butter and ghee.

Yeast and foods containing it.