

FOODS TO AVOID

In your “Good Foods List”, you have a list of foods that will help you achieve your health improvement goals. The following foods cause inflammation and therefore, should be avoided as much as possible.

- All grains and grain products including white bread, whole wheat bread, pasta, cereal, granola, pretzels, crackers, cookies, and other foods made with grains or flours from grains, such as many desserts and packaged snacks.
- Sugar, soy, soda, corn syrup, high fructose corn syrup, artificial sweeteners such as aspartame and Splenda
- Partially hydrogenated vegetable oils (trans fats) such as: corn oil, safflower oil, sunflower oil, cottonseed oil, peanut oil, soybean oil, and foods made with these oils such as, margarine, salad dressings, deep fried foods (French fries, etc.) and most packaged foods.
- Legumes – beans have the same inflammatory effect as grains
- Meat and eggs from grain-fed animals (most meat bought in grocery store), Grain-fed animals are fed grains in feed lots to fatten them up and are obese and unhealthy and are loaded with saturated fats and contain too many omega-6 fatty acids. Grass fed animals and wild game are the best but often difficult to acquire. Your next best choice is lean meat, skinless chicken, ocean or lake/stream fish and omega-3 eggs. Check out the website www.Eatwild.com for grass fed beef and other grass fed meat raised locally.

If you eat according to the “Good Foods List”, you will not be overeating legumes or compromised meat and eggs. Start your dietary changes by reducing the first 3 on this list and you will be taking a giant stride towards reducing the inflammation that contributes to all degenerative diseases. It is important to understand that the health conditions previously listed have only been associated with the consumption of foods listed above. They have never been associated with the consumption of vegetables, fruits, nuts and healthy animal products.

The decisions you have to make are very personal and often depend upon the severity your health problems, how much improvement you desire, and means you are willing to employ to reach that goal. I realize that it is difficult to “eat right” all the time. But, it is not difficult to make small changes that accumulate into huge benefits.

I will help you reach your personal health improvement goals by using the Daily Food Intake Record to gradually but steadily shift your diet from one that causes inflammation and disease to one that will allow your body to express the life potential your body intended.

Welcome to a healthier you.