

Artificial Sweeteners (sucralose, aspartame, saccharine, etc)

Cake

Candy

Cereal (sugared)

Chips (potato)

Cinnamon Rolls

Cookies

Creamer (non-dairy)

Doughnuts

Energy Drinks

Fast Food (unless you can verify all ingredients are from Green or Yellow Tiers)

Fillers, Preservatives, chemicals you don't recognize as food

Fried Foods (excludes lightly sauteeing in Green Tier oils)

Gravy

High Fructose Corn Syrup

Hot Dogs and other highly processed meats (cured with chemicals and preservatives and sugar)

Hydrogenated Foods

Ice Cream

Juice (sugar added)

Maltodextrin

Margarine

Milk Chocolate

Pastries

Pies

Pizza (delivery/restaurant)

Salad Dressing (creamy and/or sugared)

Soft Drinks, Diet

Soft Drinks, Regular

Sports Drinks and Sports Nutrition Products (unless using properly for training)

Sugar

Sugar Alcohols (anything ending in -tol)