



FOODS TO AVOID

METABOLIC TERRAIN
INSTITUTE OF HEALTH



GENERAL

- Additives
- Canned vegetables
- Corn
- Diet drinks
- Fortified foods
- Genetically modified foods (GM or GMO)
- Gluten-containing foods
- Glyphosate and other pesticides/herbicides
- High inflammatory foods
- Legumes, including peanuts and cashews
- Low sodium foods
- Low-fat foods
- Non-organic vegetables
- Pasteurized milk
- Preservatives
- Processed grains
- Soda
- Soy
- Soy milk
- Sports drinks
- Sugars
- Sweetened drinks
- Synthetic oils
- Trans fats

OILS & FATS

- Canola Oil
- Corn Oil
- Cottonseed Oil
- Grapeseed Oil
- Margarine
- Safflower Oil
- Soybean Oil
- Sunflower Oil
- Vegetable Oil
- Wheat Germ Oil

SWEETENERS

- Agave nectar
- Apple juice
- Brown sugar
- Coconut sugar
- Date sugar
- Dextrose
- Fructose
- Honey
- Maltitol
- Maltodextrin
- Maltose
- Mannitol
- Maple syrup
- Refined white sugar
- Rice syrup
- Sorbitol
- Splenda
- Turbinado sugar
- Xylitol
- Yacon syrup

MEATS

- Animals given antibiotics or growth hormones
- Caged animals
- Conventionally raised animals
- Deli meats full of nitrates
- Grain-fed beef
- Grain-fed chicken
- Soy meats
- Vegan or vegetarian meat alternatives

IMMUNE SYSTEM OFFENDERS

- Artificial Food Dyes
- Emulsifiers
- Gluten
- Lectins

METASTASIS OFFENDERS

- Baked goods, trans fats
- Fried foods
- Margarine
- Nondairy creamers
- Trans fats, especially synthetic, partially hydrogenated oils

DISCLAIMER

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