Foods to Avoid

Fats/Oils
- Partially hydrogenated fats
- Refined high polyunsaturated vegetable/seed oils (canola, soybean, corn, vegetable, safflower, etc.)
- Interesterified fats
- "Buttery" spreads and sprays
- Margarine
- Vegetable shortening

Grains^
- Wheat
- Corn
- Rice
- Oats
- Barley
- Rye
- Amaranth
- Bulgur
- Couscous
- All derivative flours and products

Beverages
- All sugary drinks
- Soda and diet soda
- Fruit juice
- Energy drinks
- Sweetened non-dairy "milks"
- Powdered drink mixes
- Sports drinks
- Sweetened cocktails
- Sweetened teas and -ades

Legumes^
- Alfalfa
- Beans
- Peanuts
- Peanut butter
- Peas
- Lentils
- Soybeans/tofu

Protein
- CAFO and grain-fed meat, dairy, and eggs
- Processed meats* (most deli meats, sausages, pepperoni, salami, etc)
- Processed cheeses
- Sweetened dairy products
- Most farmed fish, especially Atlantic salmon (pollution)
- Seafood imported from Asia (pollution)
- Limit predatory fish (tuna, shark, swordfish, et al) due to toxin accumulation

Fruits/Vegetables
- Limit non-organic, GMO, and remotely grown; especially with soft, edible skin

*There are some companies making quality, minimally- processed meats, packaged foods, and snacks.
^When properly prepared and eaten sparingly, some legumes and grains may be well tolerated.

Baking Ingredients
- Grain-based flours
- Corn products
- Starches/syrups
- Sugars/sweeteners

Processed foods*
- Energy/protein bars
- Chips and crackers
- Granola
- Frozen and prepackaged meals

Condiments and sauces*
- Ketchup, barbecue sauce, soy sauce, bottled dressings, mayo, spreads, etc.

Supplements
- Be wary of cheap protein powders and supplements with unhealthy additives, fillers, binders, and synthetic chemicals.

Fast Food
- Low ingredient quality, unhealthy PUFA oils, chemicals, and other additives
- Deep-fried foods
- Very few exceptions

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^When properly prepared and eaten sparingly, some legumes and grains may be well tolerated.