

Foods to Avoid or Intake Moderately

1. Sugary beverages

- Pop
- Many juices
- Teas



2. Alcohol

3. Heavy calorie drinks

4. Most pizza (Yes, I know)

5. Ice cream

6. Agave and other syrups (All sugar so go light)

7. Certain vegetable cooking oils

- Try sticking with butter, extra virgin olive, coconut, or avocado oil
- Even cooking sprays can help reduce oil use

8. Some margarines & vegetable shortenings

9. Fast food, especially fried (Make healthier and smaller portion choices)

- Most options are very heavy in calories usually not nutrient dense
- Opt. for sweet potatoes or baking them at home instead of frying

10. Processed foods (Contain extra sugar, salt, oil and calories)

- Meats (Try to stay as quality as possible and do not buy meats with added ingredients)
- Cheeses (Eat REAL cheese, not the fake stuff)
- Cereal & granola bars
- Breads, especially white
- Potato Chips, pretzels, crackers, etc.
 - Microwavable popcorn (Pre-buttered)
- Pastries & Sweets
- Dehydrated (dried) fruits
- Flavored nuts
- Candy & fruit snacks
- Condiments and dressings
- TV dinners and most other frozen foods (High in salt for preservation)



11. Dairy Intake (Monitor, heavy calories)

12. Low & fat free products

- Eat regular first off, fat is your friend. These low & fat free products are processed to remove the natural fat and usually replaced with sugar which is worse. Secondly, DON'T EAT SO MUCH!

13. Salt and Seasonings (Be generous, but do not overdo it)

- Avoid brands that dump sugar and unnecessary filler ingredients into their containers.

14. Farmed Fish (Eat Wild. It can be hard to find a good farmed reputable supplier)



Many, if not all the foods listed above are ones you should avoid altogether or certainly moderate your intake of. These foods have been known to lead to weight gain, different health diseases, hormonal and body issues when consumed in excess. One reason for this is that some of the foods listed above contain trace amounts of trans fat (partially hydrogenated oils). If there is less than .5g per serving the food industry can label that as 0g per serving. Trans fats are mostly found in margarine and some oils, but these products are still used to make a lot of the bakery, snacks, frostings, crusts, etc. Almost all the foods listed above are too heavy in calories, refined sugar and salts. Just about everything listed above can be made at home or has an alternative healthier option for you to choose from. Remember to always READ THE NUTRITION LABEL, but more importantly MODERATE YOUR FOOD INTAKE! Excess food consumption will always lead to weight gain when not balanced appropriately.