



7 INGREDIENTS TO AVOID



1 Enriched or Fortified

2 Bleached

Flour products, Processed meats, etc

3 Sugar In The 1st Three Ingredients

Fructose, Sucrose, Corn syrup, Maltose, Dextrin, Maltodextrin, Dextrose, Evaporated cane juice, Glucose, Glucose syrup, Brown rice syrup, Grape sugar, Beet sugar (typically GMO), Honey, Maple syrup, Milk chocolate, Muscovado & Turbinado (refined molasses), Saccharose, Sweetened condensed milk, Sucanat (dehydrated cane juice), Lactose, Agave, Invert sugar, Xylose, etc.

4 High Fructose Corn Syrup

Maize syrup, Glucose syrup, Glucose/Fructose syrup, Tapioca syrup, Dahlia syrup, Fruit fructose, Crystalline fructose

5 Hydrogenated Oils (Trans Fats) & Vegetable Oils

Mono- and diglycerides, Canola oil, Corn oil, Soy oil, Cottonseed oil, Sunflower oil, Safflower oil, Grapeseed oil, Rice bran oil, etc.

6 MSG or its Hidden Names

Gelatin, glutamate, monosodium glutamate, hydrolyzed ..., yeast extract, malted barley, rice syrup or brown rice syrup, natural or artificial flavor, etc...

7 GMO or its Derivatives

Corn starch, Modified corn starch, Corn oil, Corn flour, Soy lecithin, Soybean oil, Cottonseed oil, Canola oil, Beet sugar, Cotton, etc.



Kitchen Audit



Go through your pantry and fridge, read ingredients, and list items that need to be replaced.

Frozen Foods:

Sauces and Condiments:

Spices and Seasonings:

Teas, Coffee and Beverages:

Nuts, Seeds and Plant-Based Butters:

Cereals and Grains:



Bread and Bakery Items:

Canned Goods:

Snack Products:

Snack Products:

Fats and Oils:

Meats and Poultry: