

FOODS TO AVOID

To achieve best results while cleansing

- **DAIRY PRODUCTS** (milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein, sodium caseinate, calcium caseinate, any food containing these)
- **SOY MILK**
- **WHEAT/GLUTEN** (most breads, spaghetti, noodles, pasta, most flour, baked goods, durum semolina, farina, and many gravies, etc.) Safe grain include: Brown Rice, Quinoa, Buckwheat
- **CORN** (including any product with corn oil, vegetable oil from an unspecified source, corn syrup, corn sweetener, dextrose, glucose, corn chips, tortillas, popcorn)
- **COFFEE, TEA, ALCOHOL** (Caffeinated and decaffeinated coffee, black tea (such as Lipton) and decaffeinated black tea. Herb teas are acceptable, except those containing citrus.)
- **REFINED SUGARS or SWEETENERS** (including table sugar and any foods that contain it such as candy, soda, pies, cake, cookies, etc. Other names for sugar include sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose. These must all be avoided. No dried fruit with sulphites or processed juices. Small amounts of maple syrup or honey may be used if necessary. Stevia is a good alternative.
- **FOOD ADDITIVES** (including artificial colors, flavours, preservatives, texturing agents, artificial sweeteners, etc. Most diet sodas and other dietetic foods contain artificial ingredients and must be avoided **Processed or refined food**

FOCUS ON EATING REAL FOODS. EAT LOTS OF VEGGIES,
FRUITS AND HIGH QUALITY PROTEIN. DRINK LOTS OF
WATER.