

# the avoid list!

**who** everyone who wants to maintain good long term health should avoid these foods

**how** these foods have a low nutrient density as well as higher energy density and insulin load

## sweets

- candies
- sugar
- jellybeans
- fructose
- brown sugar
- sucralose
- fruit syrup
- skittles
- aspartame
- twizzlers
- marshmallows
- high fructose corn syrup
- maple sugar
- jams and preserves
- orange marmalade
- chocolate frosting
- chocolate pudding
- Candies, butterscotch
- M&Ms
- tootsie roll
- Milky Way
- chocolate syrup
- butterscotch topping
- Kit Kat
- frosting
- fudge
- honey
- caramels
- tapioca pudding (fat free)
- chocolate frosting
- fudge
- Twix

## cereals and baked products

- corn-starch
- rice puffs
- instant oatmeal
- fudge filled cookies
- girl scout cookies
- Grahams Crackers
- choc chip cookies
- cheesecake
- white flour
- white rice
- water biscuits
- rice flour
- wheat flour
- ice cream cones
- pound cake (fat free)
- Cookies, fig bars
- cornmeal
- fruitcake
- white flour
- English muffins

## beverages

- cream soda
- root beer
- grape soda
- cola
- cranberry-apple juice
- orange and apricot juice

## fruits

- candied fruit
- dried apples
- raisins
- dried pears
- dried currants
- apple juice
- litchis
- dried pears