

LIMIT or AVOID Highly Processed Foods	ENJOY OCCASIONALLY Minimally Processed Foods	ENJOY OFTEN Real, Whole Foods
Processed Meats: many deli meats, jerky, hot dogs, sausages, bacon	Clean versions of processed meats	Meats and Seafood, Eggs, Nuts and Seeds
Ready to Heat Foods: canned meals, TV dinners, boxed mac & cheese, frozen chicken nuggets or fish sticks, canned biscuits, etc	Canned beans, tomatoes, soups, etc	Beans, Lentils
Ready to Eat Refined Grain Products: sugary cereals, white bread, white rice, cookies, cake, pies, chips, pretzels, candies, etc	Breads, pastas, cereals, tortillas made with 100% whole grain flours	Whole Intact Grains (quinoa, amaranth, brown rice, etc)
Sweetened Beverages: soda, energy drinks, juice drinks, coffee drinks	Canned salmon, tuna, sardines	Clean versions of milk, cheese and yogurt
Cooking Additions: margarine, bottled salad dressings, many sauces and condiments	Minimally processed sweeteners in small amounts (honey, maple syrup, molasses)	Herbs and Spices