

FOODS TO AVOID

While it's true that everything is okay in moderation, you'll be doing your body a good service by avoiding the unhealthy foods from this list.

- ▶ Baked Beans
- ▶ Butter
- ▶ Canned Chili
- ▶ Chips
- ▶ Chocolate
- ▶ Cocktails, beer, wine, liquor
- ▶ Coffee
- ▶ Condensed Soup
- ▶ Cookies
- ▶ Deep Fried/Breaded Foods
- ▶ Dried Fruits
- ▶ French Fries
- ▶ Fruit Cocktail
- ▶ Granola Bars
- ▶ Gravy
- ▶ Hot Dogs
- ▶ Ice Cream
- ▶ Lunch Meats
- ▶ Macaroni and cheese
- ▶ Non-Whole Grain Breads
- ▶ Onion Rings
- ▶ Pasta Salad
- ▶ Pizza
- ▶ Pretzels
- ▶ Protein Bars
- ▶ Ramen and Cup of Soup
- ▶ Salt
- ▶ Saltine Crackers
- ▶ Sausages, any flavor
- ▶ Sugar