

# First, Do No Harm!

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## 1 Eliminate

- a. Added Sugars
- b. Sodas and Juices
- c. Jams and jellies
- d. Many infant formulas provide almost half of the calories from sugars.
- e. Read the labels for any of the following
  1. Agave nectar, Brown sugar, Cane crystals, Cane sugar, Corn sweetener, Corn syrup, Crystalline fructose, Evaporated cane juice, Fructose, Fruit juice concentrates, High-fructose corn syrup, Honey, Invert sugar, Lactose, Maltose, Malt syrup, Molasses, Raw sugar, Sucrose, Sugar, Syrup
- f. Artificial Sweeteners
  1. Aspartame
  2. Acesulfame
  3. Sucralose
  4. Saccharin
- g. GMO, Hormone, and Antibiotic treated foods
  1. Corn
  2. Cottonseed
  3. Canola
  4. Meats fed GMO are harmful to your good bugs
  5. GMO Grain or flour products (breads, flours, crackers, chips)
- h. Solvent Extracted vegetable oils
  1. Canola
  2. Soybean
  3. Sunflower
  4. Safflower
  5. Corn
  6. Peanut
  7. Palm
- i. Semi solid fat substitutes
  1. Vegetable oil spreads
  2. Butter substitutes
  3. Squeezable spreads
  4. Dips
- j. Processed Foods
  1. Read the labels and then choose something with ingredients you recognize.