

The Action Points

1. Cut out added sugars

- Eliminate all sweetened beverages, either sugared or artificially sweetened. This includes all sodas, diet sodas, iced teas, fruit juices, smoothies, coffee drinks and blended alcoholic drinks. Replaces these drinks primarily with water, tea and coffee
- Eliminate desserts. Remember that these are occasional treats, not daily indulgences
- Eliminate sugary breakfast cereals
- Eliminate snacks and most baked goods – cookies, donuts, muffins. Most of these baked goods contain a large amount of sugar
- Eliminate granola bars and cereal bars

2. Reduce refined carbohydrates

Carbohydrates to avoid are:

- foods made from flour, including whole wheat and whole grain such as breads, bagels, breakfast cereals, pasta and crackers
- rice or rice products, including rice flour, rice sheets and rice crackers
- corn
- corn starch

Carbohydrates to eat less often:

- root vegetables such as potatoes, yams and beets
- unprocessed grains such as barley, buckwheat, spelt, and rye
- fruits
- legumes
- lentils

Carbohydrates you can eat as often as you like are:

- leafy greens
- non-starchy fibrous vegetables that grow above the ground such as broccoli, cauliflower, Brussels sprouts, and asparagus

- olives
- avocados
- berries
- coconut flour
- almond flour

3. Eat more 'protective' foods with your carbohydrates – fiber, vinegar and natural fats

Fibrous foods you should eat more of are leafy greens, non-starchy vegetables that grow above the ground, pumpkin seeds in the shell, chia seeds and hemp hearts.

All vinegars including raw unfiltered apple cider vinegar, coconut vinegar, and balsamic vinegar are good too.

Natural, unprocessed fats include coconut oil, olive oil, butter, ghee, beef tallow, duck fat and leaf lard.