

# 100 FOODS YOU LOVE THAT ABUSE YOU

Look at this list and find 20 of these foods you love that abuse you. Then vow to eliminate them from your diet and break free from any abusive food relationships.

1. Agave nectar (high in fructose)
2. Alcohol
3. Aspartame
4. Bacon
5. Bagels
6. BBQ sauce
7. Bread (most store-bought bread has gluten and sugar)
8. Brownies
9. Cake
10. Calorie-laden cocktails
11. Canned meats
12. Canned soup
13. Canola oil
14. Cereal (sugar laden)
15. Charred meats
16. Cheese fries
17. Cheesecake
18. Chicken nuggets
19. Cookies
20. Corn oil
21. Cotton candy
22. Crackers
23. Croissants
24. Cronuts
25. Dairy (especially from animals raised with hormones and pesticides)
26. Diet sodas with aspartame or sucralose
27. Doughnuts
28. Dried fruits
29. Energy drinks
30. Fast food
31. Foods at the county fair
32. Foods with MSG
33. Foods with Red Dye #40
34. French fries
35. French toast
36. Fried chicken
37. Fried wontons
38. Frozen foods
39. Fruit juice
40. Gelatin desserts
41. Gluten-free junk food
42. Granola bars
43. Gummy bears
44. Hot Cheetos



## THE END OF MENTAL ILLNESS: BRAIN HEALTH REVOLUTION

45. Hot dogs
46. Hot Pockets
47. Ice cream
48. Instant oats
49. Instant ramen
50. Ketchup
51. Low-carb junk food
52. Low-fat junk food
53. Low-sugar junk food
54. Mac and cheese
55. Margarine
56. Mayonnaise
57. Meats from animals given hormones or antibiotics
58. Mozzarella sticks
59. Muffins
60. Nachos
61. Onion rings
62. Oreos
63. Pancakes
64. Pasta (gluten and high-glycemic carbohydrates)
65. Pesticide-laden produce
66. Pizza (standard with gluten and dairy)
67. Pop-Tarts
68. Popcorn
69. Pork rinds
70. Pot pies
71. Potato chips
72. Powdered coffee creamers
73. Pre-made frosting
74. Processed cheese
75. Ranch dressing
76. Reduced-fat peanut butter
77. Rice cakes
78. Saccharin
79. Safflower oil
80. Salami (and other processed meats)
81. Sausage (with nitrites)
82. Shark (high in mercury)
83. Shortening
84. Skittles
85. Smoked meats
86. Snickers
87. Sodas (with sugar or artificial sweeteners)
88. Soy
89. Soy sauce
90. Soybean oil
91. Sports drinks
92. Sucralose
93. Sugary coffee drinks
94. Syrup
95. Thousand Island dressing
96. Tilefish (high in mercury)
97. Tofu
98. Twinkies
99. Whipped topping
100. White rice

