

MÁShealth

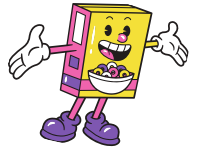
Pantry Purge

Checklist

**ULTRA PROCESSED
FOODS (MADE IN A
FACTORY)**



- Chips
- Cereals
- Hot dogs
- Granola/energy bars



**SEED OILS
(CANOLA, SOYBEAN,
SUNFLOWER, ETC).**



- Packaged foods
- Salad dressings
- Frozen Foods/microwave meals
- Margarine/fake butter



**SUGARY FOODS
AND DRINKS**



- Sodas (Diet drinks too)
- Juices/sports drinks
- Pastries
- Candy



**DE-EMPHASIZE/LIMIT
THESE FOODS**



- Grains
- Legumes
- Bread
- Dairy
- Gluten
- Flour products
- Rice (White and Brown)
- Fat free foods

