

Artificial Sweeteners (sucralose, aspartame, saccharine, etc)
Fillers, Preservatives, chemicals you don't recognize as food
Fried Foods (excludes lightly sauteeing in Green Tier oils)
High Fructose Corn Syrup
Processed meats (cured with chemicals and preservatives and sugar)
Hydrogenated Foods
Maltodextrin
Margarine
Sports Drinks and Sports Nutrition Products (unless using properly for training)
Sugar
Sugar Alcohols (anything ending in -tol)

0% of your daily food intake should come from ingredients found on this list. If you eat from this list, it should be on planned special occasions rather than daily. For more info, see the searchable tiers on our site.