

## Proteins

Bacon (uncured is best)  
Beef, Lean (Greater than 10% fat)  
Buffalo or Wild Game, Lean (Greater than 10% fat)  
Canadian Bacon  
Ham  
Lamb  
Pork (fatty cuts)

## Carbohydrates

Agave Nectar  
Alcohol (hard liquor)  
Beer  
Bread/Bagel products (if not 100% whole grain )  
Tortilla Chips or Fried Tortillas  
Crackers (not 100% whole grain)  
Honey  
Juice (from concentrate)  
Maple Syrup (pure)  
Molasses  
Pasta (not 100% whole grain)  
Popcorn (microwave)  
Potatoes (not fried)  
Rice (White)  
Soy Sauce  
Tortillas (flour, not 100% whole grain)  
Wine

## Fats

Canola and Vegetable Oils  
Cream  
Half and Half

10% or less of your daily food intake should come from ingredients found on this list. For more info, see the searchable tiers on our site.