

7 Steps to Get Off Sugar and Carbs Course

Step 3: Foods to Eliminate

Understanding what foods are beneficial versus harmful is confusing today, especially since the food industry entices us through great marketing and by adding addictive ingredients. It is far better to eat foods as close to their value at harvest—the way God made them—rather than processed foods.

You should eliminate the following foods from your diet:

- wheat/white flour
- sugar
- corn syrup, also called high-fructose corn syrup
- white rice
- corn (except organic)
- milk products
- artificial sweeteners
- processed meats
- vegetable oils except for coconut and olive oil
- processed foods contained in boxes and bags
- peanuts
- canned goods
- margarine

- sugar-sweetened drinks, fruit juices

By reducing or eliminating these foods you will improve the health of your body. For a complete explanation as to why you should stop eating these foods, read Step 3: Clean Out the Pantry and Refrigerator of *7 Steps to Get Off Sugar and Carbohydrates*.