

# Foods To Avoid During the Core Restore Detox

## Fruits

Canned Fruit  
packed in syrup  
High-sugar or  
artificial berry  
juices  
Oranges  
Grapefruit

## Vegetables

Corn  
Soybeans and  
soy-based foods  
Canned or frozen  
Vegetables in  
Sauces

## Grains

Refined flour and  
products; bread,  
pasta, cookies,  
crackers, cakes...  
Gluten-containing:  
wheat, spelt,  
kamut, rye, oats\*,  
barley products

## Nuts

Peanuts  
Soy nuts

## Dairy

Milk  
Cheese  
Ice cream  
Yogurt  
All dairy-based  
products

## Fats

Margarine  
Butter  
Hydrogenated oils  
Cooking Sprays  
Mayonnaise

## Drinks

Coffee  
Sweetened beverages  
Alcohol  
High-sugar or  
Artificial flavored  
juices  
Black Tea

## Sauces

Soy sauce  
BBQ sauce  
Ketchup

## Other

Eggs  
Fish and Shellfish  
Non-organic meats  
Fried foods  
Artificial flavors,  
colors,  
preservatives

\* Oats do not contain  
gluten. However there  
is often cross  
contamination with  
gluten.

NOTE: Individuals with  
joint pain should avoid  
night shade vegetables  
and foods; tomatoes,  
white potatoes,  
eggplant, and peppers