

90/10 NUTRITION LADDER

The Red Light Tier: Don't eat food from this Tier

Artificial Sweeteners (sucralose, aspartame, saccharine, etc)
Cake
Candy
Cereal (sugared)
Chips (potato)
Cinnamon Roll
Coffee (extremely sugared and full cream versions, mochas, lattes, etc)
Cookies
Creamed Veggies
Creamer (non-dairy)
Doughnuts
Energy Drinks
Fast Food (unless you can verify all ingredients are from upper Tiers)
Fried Foods of any kind (excludes items lightly sauteed in EVOO)
Gravy
High Fructose Corn Syrup
Hot Dogs
Hydrogenated Foods
Ice Cream
Juice (sugar added)
Margarine
Milk Chocolate
Pastries
Pies
Pizza (restaurant)
Salad Dressing (creamy, full fat)
Sausage
Soft Drinks, Diet
Soft Drinks, Regular
Sports Drinks and Sports Nutrition Products (unless you are seriously training and using them properly)
Sugar
Sugar alcohols (anything ending in -tol)
Syrup
Vegetable Oil (big brand)

