GET RID LIST

Sugary Drinks:
- Beer
- Pop
- Soda
- Soft Drinks
- Fruit Juices
- Teas And Coffees with Sugar
- Energy Drinks
- Sweet Wine
- Cocktails With Sugary Mixes

Artificial Sweetener:
- Aspartame
- Acesulfame
- Sucralose
- Saccharin

Refined Fats/Oils:
- Sunflower
- Safflower
- Cottonseed
- Canola
- Soybean Oil
- Grapeseed Oil
- Corn Oil
- Margarine
- Processed Butter Substitutes

 Sugars:
- White/Brown
- Palm, Muscovado
- Coco Sugar
- Corn Sugar
- Cane Sugar
- Icing Sugar
- Honey
- Agave
- Corn Syrup
- Sorbitol
- Molasses
- Maple Syrup
- Maltose
- Maltodextrin

Highly Processed Foods:
- Chips,
- Ice Creams,
- French Fries,
- Candies,
- Desserts,
- Chocolates

Refined Grains And Products:
- White Rice, Whole Wheat,
- Refined Wheat (White Flour),
- Baked Products
  (Breads, Cakes, Pastries, Cookies, Pizza)