# Sugar-Free Detox Food Guide

**Yes Foods**

**Whole Grains**
- brown rice
- quinoa
- millet
- barley
- amaranth
- buckwheat
- einkorn wheat
- farro
- oats
- sorghum
- spelt
- teff
- wild rice

**All Meat**
- chicken
- turkey
- beef
- lamb
- bison

**All Seafood**
- salmon
- arctic char
- catfish
- tilapia
- mackerel
- sardines
- sea bass
- shrimp
- trout
- barramundi

**All Vegetables**
- kale
- swiss chard
- spinach
- leeks
- avocados
- winter squashes
- sweet potato
- beets
- cauliflower
- broccoli
- brussels sprouts
- cabbage
- carrots
- celeriac
- celery
- fennel
- parsley
- radicchio
- radishes
- turnips

**Low Glycemic Fruits**
- blueberries
- raspberries
- peach
- kiwi
- grapefruit
- honey dew
- coconut
- apple
- lime
- apricot
- pear
- plum
- nectarines
- oranges
- strawberries
- cantaloupe

**All Nuts & Seeds**
- almonds
- cashews
- peanuts
- sesame
- pumpkin
- brazil
- macadamia
- nut butters with no added sugars

**Legumes & Beans**
- red lentils
- green lentils
- black lentils
- chickpeas
- kidney beans
- navy beans
- mung beans
- black beans

**All Spices**
- ginger
- turmeric
- curry
- paprika
- cumin
- and especially cinnamon and vanilla.

**Beverages**
- tea
- water
- unsweetened almond/nut milks

**Condiments**
- apple cider vinegar
- red wine vinegar
- oils such as olive, coconut, sesame
- cacao* of 85%-100% are acceptable.

* Cacao: check label to make sure there is less than 7g of sugar per serving

**Protein Powder**
- All-Natural, Sugar-Free Protein Powders (such as Further Food Collagen Protein)

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**No Foods**

**Sugar**
- raw sugar
- brown sugar
- white sugar
- palm sugar
- date sugar
- turbinado sugar
- coconut sugar
- confectioner’s sugar
- agave nectar
- maple syrup
- corn syrup
- maple crystals
- honey

**Refined Flours**
- white bread
- pretzels
- bagels
- cookies
- cakes
- brownies

**Condiments**
- check sauces
- balsamic vinegar
- marinades and dressings for added sugar

**Dried Fruit**
- including raisins and dates

**Artificial Sweeteners**
- aspartame (Equal, NutraSweet)
- neotame
- saccharin (SugarTwin, Sweet’N Low)
- sucralose (Splenda)
- acesulfame potassium (Sunett, Sweet One)

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**Limit Foods**

**Limit Consumption of the Following**

- **Bananas**
- **White Potatoes**
- **Stevia**
- **High Glycemic Fruits**
- **Yogurt, Cheese, Milk**

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