

Non-Burst! Foods

Take the Challenge: For the next six weeks, take these foods off your menu. Watch what happens!

High-Fat Protein	Sugar, Refined Grains and Starches	Alcohol	Saturated Fats
Bacon Bologna Bratwurst Burgers Cheese (but note lean cheeses in Burst! Foods list) Hamburgers Hot Dogs Pastrami Pepperoni Poultry Skin Processed Meats Salami Sausage	Artificial Sweeteners Bagels Biscuits Buttery Popcorn Cake Cereal (high sugar) Chocolate Cinnamon Rolls Coffee Drinks (high sugar) Cookies Croissants Doughnuts Fructose Fruit Juice (high sugar) Ice Cream Lactose Muffins Pastries Potato Chips Soft Drinks (regular) Table Sugar White Bread White Potatoes White Rice	Beer Brandy Cocktails Cordials Liquor Wine	Butter Canola Oil Dressings (high fat, high sugar) Fried Foods: French Fries Fried Chicken Hydrogenated Oils Lard Margarine Palm Oil Trans-fatty Acids (trans fats) Vegetable Oil Vegetable Shortening