

# FOODS TO AVOID

Food is essential for our existence. It's what keeps us healthy, provides us with energy and allows all our body processes to function properly.

We know how important it is to put the correct fuel into our car... if we filled our diesel car with gasoline, it wouldn't work and we'd be up for expensive repair bills.

The same rules apply to the human body. To function effectively it needs the foods that it was designed to eat; a variety of fruits, vegetables, herbs, proteins, nuts, seeds, legumes, pulses, beans and fats.

An overconsumption of pre-made, prepackaged, and artificial foods may temporarily satisfy your hunger, but it won't give your body the nutrients it demands. A lack of essential nutrients is one of the main causes for the multitude of health conditions affecting the human race.

Avoiding as much as possible the food listed below goes a long way in improving Pyroluria and our long-term health. Do yourself a favour, change your diet, feed your body, and live a long, happy, healthy life.

**Alcoholic beverages**

**Artificial Colours**

**Artificial Sweeteners**

**Bacon**

**Biscuits/Cookies**

**Bread & Rolls - white**

**Cakes**

**Candied Fruits**

**Canned Fruits**

**Chips/Crisps**

**Coffee**

**Corn Syrup**

**Corned Beef**

**Cured Meats**

**Deep Fried Foods**

**Deli Meats**

**Diet Drinks**

**Donuts**

**Energy Drinks**

**Fast Foods**

**Food Additives**

**Food Colourings**

**Fractionated Vegetable Oils**

**Fruit Juices**

**Ham**

**Hot Dogs**

**Hydrogenated Oils**

**Ice Cream**

**Jam/Jelly**

**Lollies/Candy**

**Lunch Meats**

**Margarine**

**Milo**

**Ovaltine**

**Pasta**

**Pastrami**

**Pastries**

**Pepperoni**

**Pies**

**Pickled Meat**

**Preservatives**

**Pre Packaged Foods**

**Refined Oils**

**Salami**

**Sausage Rolls**

**Smoked & Processed Meats**

**Soft Drink/Soda**

**Sports Drinks**

**Sugar**

**Superheated Vegetable Oils**

**Table Salt (processed)**

**Takeaway Foods**

**Whipped Cream (Can)**

**White Flour Products**

**White Rice**

