

NO-NO Foods

**Avoid these foods if your EM is less than 80%,
or, if you want to have more energy and feel better.**

- Black pepper
- Chocolate
- Nutmeg
- Popcorn
- Salt (Hawaiian Sea Salt is OK)
- Nuts (coconut, boiled peanuts and pine nuts are OK)
- Pork (includes lard, bacon, sausage, ham)
- Tea (green tea is OK)
- Skin fish (no scales – tuna, shark, mahi-mahi, swordfish, marlin)
- Shell fish (clams, shrimp, lobster, oyster, crawfish)
- White flour
- White pepper
- White potatoes (red-skinned potatoes are OK – limited intake)
- White rice
- White sugar
- Whole milk (1% or 2% -- skimmed milk is OK)
- Soy