

*“Okay, okay! I keep hearing about this all natural diet. We’d like to try it but it’s too overwhelming. Just tell me what to buy and what not to buy”*

<b>TRY</b>	<b>DON'T BUY</b>
<b>Breakfast</b>	Any cereal with BHT, BHA, or TBHQ, Froot Loops! Aunt Jemima, Log Cabin or Mrs. Butterworth syrups, <b>ANYTHING BLUE.</b>
Van’s Frozen Waffles- all varieties	
General Mills Cheerios Cereal	
General Mills Kix Cereal	
Kellogg’s Crispix cereal	
Kashi Cereals	
Barbara’s Bakery Cereals	
Pure Maple syrup varieties	
<b>Breads</b>	Most bread products contain <i>calcium propionate</i> , a preservative. May want to eliminate these at first and reintroduce to see if there is any adverse reaction.
Lenders Frozen bagels	
Arnolds All Natural varieties	
Pepperidge Farm All Natural varieties	
<b>Baking</b>	Nestlé’s Toll House Morsels, Imitation Vanilla- Vanillin, Duncan Hines, Betty Crocker mixes and frostings, <b>ANYTHING BLUE.</b>
Ghirardelli Chocolate Chips	
Baker’s Baking Chocolate Squares	
Hershey’s Cocoa/Unsweetened Baking Chocolate	
McCormick Pure Vanilla or Lemon Extract	
<b>Crackers/Salty Snacks</b>	Rold Gold Pretzels, Doritos, Cheetos, <b>ANYTHING ORANGE,</b> <b>ANYTHING BLUE.</b>
Keebler 7 Grain Wheatables	
Nabisco 5-Grain Harvest Crisps	
Utz pretzels	
Snyder’s Pretzels	
Herr’s Fresh Crisp Potato Chips	
Kettle Chips, Krinkle Cut Kettle Chips	

**Parents as Partners: Need to Know News from Parents in Our Community. News by Franca Gioia**

<b>Lunch Meats/Nuggets/Hot Dogs</b>	Hebrew National, Nathan's, Sabrett, Most varieties of bacon, hot dogs and lunch meats contain <i>nitrites</i> . May want to eliminate them at first and reintroduce to see if there is any adverse reaction.
Health is Wealth Uncured Beef or Chicken Franks	
Health is Wealth Chicken Nuggets/ Tenders	
Applegate Farms Turkey Bacon & Uncured Hot Dogs	
Hillshire Farms Deli Select Varieties	
Louis Rich Turkey Varieties	
Jones All Natural Pork Sausage and Rice Links	
<b>Drinks</b>	Soda, colored Gatorades, <b>ANYTHING BLUE.</b>
Water, Water, Water!	
Nantucket Nectars	
Minute Maid Lemonade	
Newman's Own lemonade	
Juicy Juice brand juices	
Apple and Eve brand Juices	
<b>Cookies/Treats</b>	Oreos, packaged cupcakes, cookies with colored sprinkles or creams, M&M's, Twizzlers, chewy "fruit" snacks <b>ANYTHING BLUE.</b>
Newman's Own Cookie all varieties	
Nabisco Honey Teddy Grahams & Blues Clues variety	
Walkers Shortbread all varieties	
Health Valley Cookie varieties	
Most varieties of dark/bittersweet chocolate	
Panda brand Licorice candies	
<b>Desserts/Ice Creams</b>	Bomb pops, Spongebob pops....if it is really cute and colorful it is probably on the "don't buy" list <b>ANYTHING BLUE!</b>
Kozy Shack puddings- all varieties	
Most Häagen-Daz varieties	
Most Breyers varieties	
Edy's Whole Fruit Bars	
Minute Maid Soft Frozen Lemonade	
Snapple on Ice Bars	

For more information go to: <http://www.feingold.org/home.html>