

“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”

TRY	DON'T BUY
Breakfast	Any cereal with BHT, BHA, or TBHQ, Froot Loops! Aunt Jemima, Log Cabin or Mrs. Butterworth syrups, ANYTHING BLUE.
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	
Breads	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	
Baking	Nestlé’s Toll House Morsels, Imitation Vanilla- Vanillin, Duncan Hines, Betty Crocker mixes and frostings, ANYTHING BLUE.
Ghirardelli Chocolate Chips	
Baker’s Baking Chocolate Squares	
Hershey’s Cocoa/Unsweetened Baking Chocolate	
McCormick Pure Vanilla or Lemon Extract	
Crackers/Salty Snacks	Rold Gold Pretzels, Doritos, Cheetos, ANYTHING ORANGE, ANYTHING BLUE.
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	

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Lunch Meats/Nuggets/Hot Dogs	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	
Drinks	Soda, colored Gatorades, ANYTHING BLUE.
Water, Water, Water!	
Nantucket Nectars	
Minute Maid Lemonade	
Newman's Own lemonade	
Juicy Juice brand juices	
Apple and Eve brand Juices	
Cookies/Treats	Oreos, packaged cupcakes, cookies with colored sprinkles or creams, M&M's, Twizzlers, chewy "fruit" snacks ANYTHING BLUE.
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	
Desserts/Ice Creams	Bomb pops, Spongebob pops....if it is really cute and colorful it is probably on the "don't buy" list ANYTHING BLUE!
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>