



Changing your surroundings is one of the best ways to start your journey to living better. Set yourself up for success by getting rid of all the items in your pantry and refrigerator that are not real food.

Get Rid Of The Junk Including:

- Chips
- Cheese puffs and crackers
- Chocolates or candy
- Soda/pop/sweetened drinks
- Alcohol, especially flavored/sweetened mixed drinks (although *small* amounts of red wine may have health benefits)
- Instant foods like cake mixes and mashed potatoes
- Margarine and other processed fats
- Most frozen dinners
- Most take-out or restaurant leftovers
- Bowls of candy or other snacks sitting around
- Flavored nuts (e.g. beer nuts)
- Sweetened yogurt and frozen yogurt
- Breads and bagels, unless they're made exclusively with whole grains
- Other baked goods
- Breakfast cereals
- Fruit, cereal, and/or granola bars
- Regular peanut butter
- Fruit juice
- Condiments such as BBQ sauce and other sweetened sauces
- Sweetened relishes, mustards, and ketchup
- Salad dressings (most contain sugar)
- Bread crumbs, croutons, and other dried bread products
- Processed meats such as hot dogs, bacon, and deli meats
- Spreads such as Cheez Whiz or sweetened cream cheeses
- Dried fruit