

12 BAD FOODS

by Dr. Peter Glidden



Wheat



Barley



Rye



Oats



GMO Corn



GMO Soy



Meats with Nitrates



Oils



Carbonated Drinks



Well Done Red Meat



Fried Foods



*Skin of Baked
Potatoes*

Watch The Video "Bronx Citizen Cures His 14 Diseases at NutriWarriors.org

WHEAT (Gliadin)	BARLEY (Hordein)	RYE (Secalin)	OAT (Avenin)	Sodium Nitrates & Nitrites
<i>Pasta</i> <i>Can Pasta</i> <i>Cookies</i> <i>Crackers</i> <i>Pancake Mix</i> <i>Bread</i> <i>Cereal</i> <i>Sauce in</i> <i>Cans/Jars</i> <i>Tortilla Wraps</i> <i>Burritos Wraps</i> <i>Pastries</i> <i>Bagels</i> <i>Granola Bars</i> <i>Protein Bars</i> <i>Pop Tarts</i> <i>Pot Pies</i> <i>TV Dinners</i>	Chocolate Chocolate Mix Bread Alcohol Bev. TV Dinners Soups in Cans Protein Bars Brown Rice Syrup Caramel Protein Drinks Nutritional Drinks	Bread Crackers Alcohol Bev.	Oatmeal Grits Farina Cookies Bread Cereals Granola Bars Protein Bars Waffles	Ham Salami Bologna Pepperoni Pastrami Beef Sausage Franks Canned Meats <ul style="list-style-type: none"> • Corn Beef • Vienna Sausages

Please note: Always check the ingredient labels and look for the words (wheat, barley, rye and oats). Do not purchase any foods with these four grains.

GLUTEN FREE FLOURS

Rice Flour, Tapioca Flour, Brown Rice Flour, Almond Flour,
Chia Flour, Chick Pea Flour, Banana Flour

OIL ALTERNATIVES (Lard and Butter)



SOY ALTERNATIVES (Coconut Aminos)

