Diet Doctor

Kitchen clean out

New diet? New food! Maximize your chance of success by removing as much temptation as possible. Toss (or give away) all foods that are sugary or high in refined carbs from your pantry, fridge and freezer. The more you eliminate, the better. Need more clarity on what to toss? Here's our list:

Pantry	Fridge	Freezer
• Bread (white and whole grain loaves, buns, rolls, etc.) • Cake • Candy • Cereal • Chips (potato, corn, tortilla) • Chocolate (keep very dark varieties with >85% cacao) • Cookies • Crackers • Flour • Grains (barley, quinoa, rice, wheat, etc.) • Honey • Jam, jellies, chutneys, and marmalade • Pasta (regular) • Honey • Jam, jellies, chutneys, and marmalade • Pasta (regular) • Pastries • Sugar in all forms • Syrups • Taco shells • Tortillas and wraps made from white flour	• Applesauce • Beer • Fruit juice • Jam, jellies, chutneys, and marmalade • Ketchup* • Margarine • Relish* • Sauces* • Sugar-sweetened soft drinks • Sugar-sweetened sports drinks • Syrups • Vitamin water • Sugar-sweetened yogurt	• Bread (white loaves, buns, rolls, etc.) • Cakes • Cookies • French fries • Frozen dinners that include low-satiety foods, such as chicken pot pie, corn dogs, mashed potatoes, etc. • Frozen pizza (pizza crusts and pizza-like products) • Frozen yogurt • Ice cream • Pastry (filo pastry, pie crusts, and pastry dough) • Popsicles and other frozen treats • Sorbet • Toaster strudels • Toaster waffles

* Most commercial and ready-made sauces, spices, salsas, and other bottled products contain sugars and/or starches.
Learn more about how to read a nutrition facts label here: **www.dietdoctor.com/low-carb/nutrition-facts-label**