

# 90/10 Nutrition Ladder

## The Red Light Tier: Don't eat food from this Tier

Alcohol (hard liquor)  
Cake  
Candy  
Cereal (sugared)  
Chips (potato or corn)  
Cinnamon Roll  
Coffee (extremely sugared and full cream versions, mochas, lattes, etc)  
Cookies  
Creamed Veggies  
Creamer (non-dairy)  
Doughnuts  
Energy Drinks (sugared versions)  
Fast Food (unless you can verify all ingredients are from upper Tiers)  
Fried Foods of any kind (excludes items lightly sauteed in EVOO)  
Gravy  
High Fructose Corn Syrup  
Hot Dogs  
Hydrogenated Foods  
Ice Cream  
Juice (sugar added)  
Margarine  
Milk Chocolate  
Pastries  
Pies  
Pizza (restaurant)  
Salad Dressing (creamy, full fat)  
Sausage  
Soft Drinks, Diet  
Soft Drinks, Regular  
Sports Drinks and Sports Nutrition Products (unless you are seriously training and using them properly)  
Sugar  
Syrup