

# The Metabolic Reset

## Quick Guide

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## **Preservatives to Avoid:**

Ascorbic acid, sodium ascorbate

Benzoic acid

BHA (butylated hydroxy anisole)

BHT (butylated hydroxytoluene)

Nitrites, nitrates

Potassium sorbate

Propionic acid

Propyl gallate

Sodium benzoate, benzoates:

Sodium propionate

Sorbic acid,

Sodium sorbate

Sulfur dioxide, sulfites

Tocopherols

# **Binders/Thickeners/Emulsifiers to Avoid:**

Carboxymethylcellulose

Carrageenan

Cellulose

DATEM

Gelatin

Guar gum

Lecithin

Maltodextrin

Modified food starch

Mono- and di-glycerides

Polysorbate 60, 65, and 80

Potassium Bromate

Sodium Caseinate

Whey protein concentrate

Xanthan gum

## **Oils to Avoid:**

Canola oil

Corn oil

Cottonseed oil

Diacylglycerol

Grapeseed oil

Olestra (Olean)

Palm Tree Kernels

Peanut oil

Salatrim

Sesame Seed Oil

Soybean oil

Sunflower oil

Vegetable oil

# **Artificial Colors to Avoid:**

Azodicarbonamide

Blue 1

Blue 2

Caramel coloring

Casein sodium

Citrus Red 2

Diacetyl (butter flavor)

ingredients that say “lake.”

Orange B

Red 3

Red 40

Synthetic food dyes

Titanium dioxide

Yellow 5

Yellow 6

## **Added Sugar to Avoid:**

Agave nectar

Cane sugar,

Coconut sugar

Corn sweetener

Corn syrup

Dextrose

Ethyl maltol

Evaporated cane juice

High-fructose corn syrup

Honey,

Invert sugar

Lactose

Malt syrup,

Maltose

Molasses,

Sugar syrup

Turbinado sugar

## **Artificial Sugar to Avoid:**

Acesulfame potassium (Sweet One,  
Sunett).

Advantame.

Aspartame (NutraSweet, Equal).

Neotame (Newtame).

Saccharin (Sweet'N Low).

Sucralose (Splenda).

# **Cosmetic Chemicals to Avoid:**

Benzylparaben

BHA/BHT

Butylparaben

Dibutyl and diethyl hexyl phthalates

Formaldehyde

Fragrances

Isobutyl and isopropyl parabens

Liquid Paraffin

Liquid Petrolatum

M- and o-phenylenediamine

Mercury

Methylene glycol

Methylparaben

Paraffin

Paraffin Wax

Paraformaldehyde

Petroleum/ “mineral oil”

Poly-fluoroalkyl / PFAS

Propylparaben

Quaternium 15,

Sodium laureth / lauryl sulfate.