



High calorie foods to limit or avoid

1. Bread (white)
2. Butter
3. Cake
4. Candy and candy bars
5. Cheese
6. Coffee drinks – high calorie
7. Cookies
8. Fast food hamburgers (especially cheese burgers)
9. French fries
10. Fried foods
11. Fruit juice
12. Ice cream
13. Mayonnaise
14. Pasta
15. Pastries and donuts
16. Pie
17. Pizza
18. Potato chips
19. Processed meats (bacon, hot dogs, sausage & more)
20. Sugar-sweetened beverages and soda