

FOODS TO AVOID

Food is essential for our existence. It's what keeps us healthy, provides energy and allows all our body processes to function properly.

We know how important it is to put the correct fuel into our car... if we filled our diesel car with gasoline, it wouldn't work and we'd be up for expensive repair bills.

The same rules apply to the human body. To function effectively it needs the foods that it was designed to eat; a variety of fruits, vegetables, herbs, proteins, nuts, seeds, legumes, pulses, beans and fats.

An overconsumption of pre-made, prepackaged, and artificial foods may temporarily satisfy your hunger, but it won't give your body the nutrients it demands. A lack of essential nutrients is one of the main causes for the multitude of health conditions affecting the human race.

Avoiding as much as possible the food listed below goes a long way in improving Pyroluria and our long-term health.

Do yourself a favor, change your diet, feed your body, and live a long, happy, healthy life.

Alcoholic Beverages
Artificial Colours
Artificial Sweeteners
Bacon
Biscuits
Bread & Rolls - White
Cakes
Candied Fruits
Canned Fruits
Chips/Crisps
Coffee
Cookies
Corn Syrup
Corned Beef
Cured Meats
Deep Fried Foods
Deli Meats
Diet Drinks
Donuts
Energy Drinks
Fast Foods

Food Additives
Food Colourings
Fractionated Vegetable Oils
Fruit Juices
Ham
Hot Dogs
Hydrogenated Oils
Ice Cream
Jam/Jelly
Lollies/Candy
Lunch Meats
Margarine
Flavoured Milks
Pasta
Pastrami
Pastries
Pepperoni
Pies
Pickled Meat
Preservatives
Pre-Packaged Foods

Refined Oils
Salami
Sausage Rolls
Smoked & Processed Meats
Soft Drink/Soda
Sports Drinks
Sugar
Superheated Vegetable Oils
Table Salt (processed)
Takeaway Foods
Whipped Cream (Can)
White Flour Products
White Rice