

F.L.A.B.B. **(Fat-loading and Belly-bloating Foods)**

- All fried foods
- High-fat/processed meats
- Anything made with refined sugars (includes sugar, corn syrup, high fructose corn syrup and sucrose)
- Anything made with white flour
- Butter
- Margarine
- Whole-fat cheese
- Cream
- Dried fruit/fruit Juice**

Common Foods that fall into the F.L.A.B.B. Categories

- Baked goods (cakes, cookies, donuts, pastries, pies)
- All sugary breakfast cereals
- Most breakfast bars
- Candy
- Chocolate
- Condiments (ketchup, BBQ, Mayo, etc)
- Ice Cream
- Granola**
- Potato Chips
- French Fries
- Fruit “drinks”
- Sugar-sweetened beverages
- All Sodas*
- All Diet Sodas*
- Bacon
- Fast food sandwiches and burgers
- Hot Dogs
- Jerky
- Salami
- Sausage
- Bologna
- Chicken nuggets, strips or fingers
- Fish Sticks

**Not options for your 100 calories a day*

***not junk food but VERY high calorie*