


ELIMINATING THE “WHITE STUFF”

Refined foods are among the biggest culprits in causing inflammation and pain in the body. The problem with these foods is that they tend to rapidly spike blood sugar levels, which then leads to elevated insulin levels (or “hyperinsulinemia”), which in turn sets off an inflammatory response. Because inflammation can manifest as some very serious health conditions (e.g. elevated cholesterol, coronary artery disease, arthritis, asthma – to name a few), the elimination of these foods can have a very positive impact on your overall health in a very short period of time.

Some examples of “white foods” would be:

- **ALL breads** (with the possible exception of sprouted grain breads, such as ‘Ezechial’ or ‘Alvarado Street’)
 - **candy**
 - **corn**
 - **desserts**
 - **high fructose corn syrup ***
 - **fruit juices**
 - **jams and jellies** (including ‘all natural’)
 - **ALL pasta** (with the possible exception of high protein pasta such as “Barilla Plus”)
 - **sodas**
 - **sugar (including white sugar, honey, maple syrup, molasses) ***
 - **white or ‘enriched’ flour ***
 - **white potatoes** (a small sweet potato is OK)
 - **white rice** (short grain brown rice is OK)
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- **Be sure to read ingredients labels, as these are often ‘hidden’ in foods!**

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