

DETOX CHEAT SHEET



SUGAR	GLUTEN	ALCOHOL
		
PRODUCTS	PRODUCTS	PRODUCTS
SODA	BREAD	BEER
CANDY	CRACKERS	WINE
SPORTS DRINKS	CEREAL	SAKE
FRUIT DRINKS	PASTA	VODKA
ENERGY DRINKS	QUINOA*	GIN
DRIED FRUIT	RICE*	WHISKEY
PROTEIN BARS	OATS*	RUM
INGREDIENTS	INGREDIENTS	TEQUILA
SUGAR	WHEAT	MEZCAL
CORN SYRUP	BARLEY	BRANDY
HONEY	RYE	PORT
AGAVE NECTAR	BULGAR	CHAMPAGNE
GLUCOSE	MALT	LIQUER
FRUCTOSE	BREWER'S YEAST	BITTERS
DEXTROSE	DURUM	PISCO
ASPARTAME		SCHNAPPS

*Technically gluten-free, but often contaminated in processing/packaging.