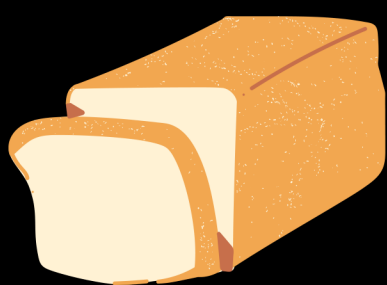


FOODS TO AVOID



**WHITE
BREAD**

**WHITE
RICE**



PASTA

POTATOES



RED MEAT



TYPE2SURVIVOR.COM