



Cellulite Building Foods To Avoid

Avoid over-processed and refined foods such as white sugar and white flour as much as possible. Also, try to stay clear of canned food products with preservatives.

It's important to reduce your intake of sodium. These are high-sodium foods you'll want to limit eating:

- Smoked or cured fish
- Smoked or cured meat - *pork, sausage, bacon, pastrami, corned beef, and salami*
- Tuna packed in oil
- Caviar, sardines, anchovies
- Hot dogs
- Bouillon cubes
- Peanut butter
- Fried foods
- Salted nuts
- Popcorn
- Ice cream with artificial flavoring or color
- Carbonated drinks (diet or regular, carbonated water and/or mineral water)
- Pastry
- Frozen Dinners
- Chili
- Mayonnaise, ketchup, pickles, olives
- Potatoes
- Pasta
- Salted crackers
- Potato chips
- Pizza
- Gravy
- Sauerkraut
- Chocolate
- Cream
- Alcohol (including wine and beer)
- Coffee (no more than 2 cups per day)
- Cheese



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