

HIDDEN INGREDIENTS

HIGH FRUCTOSE CORN SYRUP

- In most processed food
- Can cause increased weight
- Increases inflammation
- Increases risk of diabetes
- Increases risk of Heart disease and cancers
- Decreases the hormone that tells you "I'm Full"

FOOD DYE

- Blue 1:
chromosomal abnormalities, in candy & sports drinks
- Red Dye #40 or #3:
thyroid cancers, chromosomal abnormalities, in fruit cocktail & ice cream
- Yellow #6:
increase risk of tumors, found in cheese and candy

SODIUM NITRATE/NITRITE

- Causes damage to liver and pancreas
- Used as a preservative and color enhancer
- In processed meats (smoked fish, lunch meats bacon)

ARTIFICIAL SWEETENERS

- Generally recognized as safe!!
- Possible weight loss
- Some Studies show no difference in blood sugars

ARTIFICIAL FLAVORINGS

- Toxic to our cells (RBC and bone marrow cells)
- Examples: vanilla or chocolate flavoring

GOALS

- Read labels.
- Plan ahead when grocery shopping. Make a list.
- Buy whole foods and organic when possible.