



RECIPE FOR DISASTER!

Read Your Labels...

1) SUGAR

- a. Why is it so bad?
 - Cripples the Immune System, Increases LDL's & Lowers HDL's
 - Headaches, Migraines, Seizures, Fibromyalgia & Premature aging
 - ADD, ADHD, Violent Behavior, MS, Cancer, Gout, Arthritis & Eczema
 - Lots of other stuff!!!
- b. What's it found in?
 - EVERYTHING!
- c. What are other names for it on ingredient labels?
 - Sugar, Brown Sugar, Syrup, Malt Syrup, Molasses, Honey, Cane Juice & Evaporated Cane Juice
 - Corn Syrup, Fructose Corn Syrup & High Fructose Corn Syrup (HFCS)
 - Glucose, Sucrose, Fructose, Lactose, Maltose & Galactose
- d. What are some better options?
 - Dextrose (pure glucose), Stevia (natural herb), Xylitol (natural alcohol)
 - 'Pure' Honey & 'Pure' Maple Syrup

2) ARTIFICIAL SWEETENERS

- a. Why are they so bad?
 - Cancer, Liver Disease, Diabetes, Headaches, Migraines, Convulsions, Insomnia
 - Hallucinations, Memory Loss, Dizziness, Changes in Mood, Vision & Heart Rate
 - Nausea, Vomiting, Fatigue & Weakness, Abdominal Cramps, Diarrhea
 - Lots of other stuff!!!
- b. What's it found in?
 - Basically anything that says 'SUGAR FREE' but can also be in other products.
 - Diet Soda, Pudding, Yogurt, Frozen Desserts, Gelatin & Vitamins
 - Chewing Gum, Cough Drops, Cereals, Breakfast Bars & Trail Snacks
- c. What are other names for it on ingredient labels?
 - Aspartame (NutraSweet), Saccharin (Sweet N' Low) & Sucralose (Splenda)
 - Neotame, Acesulfame-K (Sunett) & Acesulfame Potassium
- d. What are some better options?
 - Dextrose (pure glucose), Stevia (natural herb), Xylitol (natural alcohol)
 - 'Pure' Honey & 'Pure' Maple Syrup



3) TRANS FATS

- a. What are they & why are they so bad?
 - They are artificial fats that have no business being in your body!
 - Cardio Vascular Disease, Increases LDL's & Lowers HDL's, Cancer & Diabetes
 - Headaches, Migraines, Seizures, Premature Aging, ADD/ADHD
 - Anxiety, Depression, Arthritis, Infertility & Eczema
 - Lots of other stuff!!!
- b. What's it found in?
 - Bakery Items, Breads, Taco Shells, Crackers, Peanut Butter, Chips
 - Snack Bars, Popcorn, Pizza, Cereals, Pies, Cakes, Cookies & Frozen Meals
- c. What are other names for it on ingredient labels?
 - Partially Hydrogenated, Hydrogenated & Shortening
- d. What's a better option?
 - Don't eat it! Eat REAL FOOD!!

4) MSG – MONOSODIUM GLUTAMATE

- a. What is it & why is it so bad?
 - It's an 'excitotoxin' or 'neurotoxin' that's designed to trick your tongue into thinking you're eating something flavorful and nutritious when you're NOT!
 - Numbness, Tingling, Burning Sensations, Facial Pressure/Tightness & Eye Damage
 - Chest Pain, Difficulty Breathing, Headaches, Nausea, Rapid Heartbeat & Disorientation
 - Fatigue, Weakness, Cardiac Arrhythmias, Death & Lots of other stuff!!!
- b. What's it found in?
 - Soup, Soup Mixes, Broths, Crackers, Chips, Dips, Salad Dressings & Gravy
 - Snack Mixes, Rotisserie Chickens, Sausage, Lunch Meats & Ramen Noodles
 - Frozen Meals, Flavoring Additives & VACCINES
 - Lots of other stuff!!!
- c. What are other names for it on ingredient labels?
 - Monosodium Glutamate, Monopotassium Glutamate, Glutamic Acid, Gelatin
 - Glutamate, Calcium Caseinate, Sodium Caseinate & Hydrolyzed Protein
 - Textured Protein, Yeast Extract, Yeast Food, Yeast Nutrient & Barley Malt
 - Malt Extract, Malt Flavoring, Soy Protein & Soy Protein Isolate
- d. What's a better option?
 - Don't eat it! Eat REAL FOOD that actually IS nutritious!!



5) NATURAL FLAVORING

- a. Why is it so bad?
 - You really have NO IDEA what it is!?! It could be anything 'natural.' Fruits, veggies, plants, animals (any of their body parts), bugs, insects, etc.
- b. What's it found in?
 - ALMOST ANYTHING THAT'S PROCESSED!
- c. What are some examples of natural flavoring?
 - Carmine – Used in yogurts & beverages to give them a ruby red color
 - Made from crushed bugs (cochineal beetles)
 - Cystine – Used as a dough conditioner to improve the texture of breads
 - Made from human hair & duck feathers
 - Shellac – Glaze on donuts & shiny candy
 - Made from resinous secretion of female lac bugs
 - Castoreum – Vanilla & Raspberry flavorings
 - Made from Beaver Anal Glands!!!
- d. What's a better option?
 - Eat REAL FOOD that you prepare at home, not ones that are processed!!

6) FOOD COLORING

- a. Why is it so bad?
 - Tumors of: Kidney, Brain, Thyroid, Bladder
 - Hypersensitivity, Allergies, Hyperactivity & Behavioral effects in kids
- b. What's it found in?
 - Many things! Anything that looks vibrantly out of the ordinary!
- c. What are some names for it on ingredient labels?
 - Blue #1 (Brilliant Blue), Blue #2 (Indigo Carmine), Citrus Red #2, Green #3 (Fast Green)
 - Red #3 (Erythosine), Red #40 (Allura Red), Yellow #5 (Tartrazine), Yellow #6 (Sunset Yellow)
- d. What's a better option?
 - Eat REAL FOOD that you prepare at home, not ones that are processed!!

When foods are processed not only are valuable nutrients lost & fibers removed, but the texture, natural variation and flavors are lost. After processing, what's actually left behind is a bland, uninteresting "pseudo food" that most people would find entirely unappetizing. So at this point, food manufacturers must add back in the nutrients, flavor, color & texture to make them desirable which is why they become loaded with food additives.



SO WHAT CAN YOU EAT!?!

The answer is simple... REAL, whole foods...

BREAKFAST (just a few examples):

- Oatmeal with shredded coconut & blueberries
- Veggie Omelet with toast (Onion, tomato, peppers, avocado, mushrooms, etc)
- Whole food protein shake with a half grapefruit
- Crust less quiches are FANTASTIC!

LUNCH / DINNER (just a few examples):

- Salads with different toppings (chicken, shrimp, nuts)
- Brown rice w/ butternut squash, red onion & baby spinach
- Grilled Chicken over wild rice w/ steamed sugar snap peas
- Fish (Tilapia, Salmon, Haddock, Rainbow Trout, etc.)
- Goat cheese stuffed organic chicken thighs w/ roasted beets & sweet potatoes
- Organic Chicken Fajita's or Beef Taco's
- Tropical Bean Salads
- Rice & Beans

Begin with small changes to your existing food choices!

- Start eliminating the ingredients listed above ONE BY ONE. Don't try to do all of them right off the bat. You will probably fail!
- Take the time to read food labels. It will take a long time in the beginning, but after you find the products you like that are healthier for you, you will know what to buy, so shopping will be quick and easy.

Experiment with foods that you have never eaten before.

- Try different types of fruits and vegetables. Wegmans has a great variety to choose from! Visit your local farmers market and ask their advice on cooking and preparing their items! They love the questions.
- Start incorporating a variety of fish if you are not already. Fish takes less than 10 minutes to cook and can be extremely flavorful depending on how you prepare it.

BON APPETITE!

