



## 10 INGREDIENTS TO AVOID IN FOOD

INGREDIENT	FOUND IN	HEALTH EFFECTS
Monosodium Glutamate (MSG)	<ul style="list-style-type: none"> <li>• Most processed foods, such as chips, salad dressings, canned soups, sauces, flavored crackers, and in spices and flavorings (such as some taco seasonings and Accent flavor enhancer)</li> </ul>	<ul style="list-style-type: none"> <li>• Hides in over 40 different ingredients</li> <li>• May excite neurons (nerve cells) to the point of cell death</li> <li>• May affect the development of the nervous system</li> </ul>
Potassium and Sodium Benzoate	<ul style="list-style-type: none"> <li>• Foods &amp; beverages such as soda, fruit juice, pickles, soy sauce, tomato sauce, and even in flavored water</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to hyperactivity in children</li> <li>• Can form benzene (a known cancer-causer) when combined with Vitamin C</li> </ul>
Artificial Sweeteners	<ul style="list-style-type: none"> <li>• Sugar-free and diet foods &amp; beverages, such as diet soda, sugar-free jelly, sugar-free jello, flavored water, &amp; Pedialyte</li> <li>• Includes brand names Splenda, NutraSweet, Sweet 'N Low, Equal</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to birth defects</li> <li>• May alter gut flora</li> <li>• Linked to neurological disorders, such as Alzheimer's and Multiple Sclerosis</li> </ul>
BHA & BHT	<ul style="list-style-type: none"> <li>• Snack foods, cereal, processed meats, gum, beer, lining of food packages (will usually see "BHT added for freshness" on label)</li> </ul>	<ul style="list-style-type: none"> <li>• May be cancer-causing</li> <li>• Sleep &amp; behavior issues</li> <li>• Interferes with hormone function &amp; may mimic estrogen</li> </ul>
High Fructose Corn Syrup	<ul style="list-style-type: none"> <li>• Found in many processed foods, such as crackers, cookies, condiments, cereals, chips, jelly, and some vitamins</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to diabetes, obesity &amp; metabolic disorder</li> <li>• Also linked to cancer &amp; accelerated aging</li> <li>• GMO and possible mercury contamination</li> </ul>
Bisphenol A (BPA)	<ul style="list-style-type: none"> <li>• Found in plastics (such as plastic water bottles)</li> <li>• Also found in linings of most canned goods</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to diabetes, heart disease, breast cancer, and toxicity to female reproductive system</li> <li>• Acts as a hormone disruptor</li> </ul>
Carrageenan	<ul style="list-style-type: none"> <li>• In dairy products such as ice cream, heavy whipping cream, ice cream, cottage cheese, &amp; yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to colitis &amp; colon cancer</li> <li>• May contribute to weight gain</li> <li>• Interferes with beneficial flora in GI tract</li> </ul>
Artificial Colors	<ul style="list-style-type: none"> <li>• Cereals, medicines, candy, toothpaste, popsicles, frosting, canned vegetables, ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to hyperactivity</li> <li>• Some contain benzidine, a known cancer-causer</li> </ul>
Natural & Artificial Flavors	<ul style="list-style-type: none"> <li>• Coffee creamer, oatmeal, fruit snacks, cereals, spices, beverages, soups, dairy products</li> </ul>	<ul style="list-style-type: none"> <li>• May hide ingredients such as MSG and gluten</li> <li>• Considered to be a "proprietary formula" so individual ingredients are not required to be listed</li> </ul>
GMOs (Genetically Modified Organisms)	<ul style="list-style-type: none"> <li>• Can be found in many conventionally grown foods such as apples, sugar beets, canola, and corn</li> </ul>	<ul style="list-style-type: none"> <li>• Linked to infertility, immune issues, organ damage, accelerated aging, GI &amp; organ problems, and problems with insulin regulation</li> </ul>