FOODS YOU SHOULD NEVER EAT

Foods that Make You Fat and Destroy Your Health

ISBN XXXXXXXX

Printed in the United States of America

Table of Contents

INTRODUCTION 5

THE DANGER OF PROCESSED FOODS 8

REFINED SUGAR IS POISON 12

THE TRUTH ABOUT FAT 27

WHY YOU SHOULD AVOID HIGH FRUCTOSE CORN SYRUP 32

WATCH OUT FOR ASPARTAME 40

AVOID MONOSODIUM GLUTAMATE 55

OTHER FOOD ADDITIVES YOU SHOULD AVOID 62

THE PROBLEM WITH BREAKFAST CEREALS 73

THE PROBLEM WITH DIET SODAS 78

THE PROBLEM WITH FACTORY FARMED MEATS 85

THE PROBLEM WITH MILK 92

KEEP AN EYE ON THE SEAFOOD WATCH LIST 99

THE BOTTLED WATER RIP OFF 104

GET SMART, STAY HEALTHY AND LOSE WEIGHT 109

INTRODUCTION

It is often noted that America is *the most over-fed, under-nourished nation in the world*. There's an element of truth to this observation.

Americans subsist on larger portions of the unhealthiest foods. The so-called Western diet consists of too much fat and sugar along with a lot of processed foods loaded with chemicals for flavor, color and consistency with preservatives added to artificially extend shelf life.

The only things Americans don't over-eat are fresh fruits and vegetables.

Is it any wonder Americans are so fat and suffer from so many nutrition-related, chronic diseases?

Imagine the richest nation in the world has managed to develop and follow a diet that consistently makes its people sick!

In the eBook you're going to learn how to avoid the kinds of foods that make you fatter, damage your health and promote chronic diseases.

You'll discover how food manufacturers have misled you for decades, promoting unhealthy, even dangerous foods.

You'll find out what foods you should never eat. And you'll learn how to read labels to find the hidden dangers lurking in the food you buy in the grocery store.

THE DANGER OF PROCESSED FOODS

Food processing may be defined as altering food from its natural state. In the simplest sense, cooking is a form of processing. Man has been processing food for a long time, cooking, preserving and adding flavor to foods for very practical reasons.

But in the modern age, food processing has taken on a far more sinister direction. Food manufacturers' process foods for any number of reasons, including taste enhancement, extending shelf life and using cheaper ingredients to fill or change flavor, appearance, texture and taste.

Some surveys suggest over 90% of Americans consume processed food and have little idea about their hidden health hazards.

Here are some of the basic processing techniques:

- Over-cooking
- Freezing
- Adding chemicals
- Adding fat
- Adding sugar
- Adding artificial sweeteners

Not only does processing deplete food of its potential nutritional value, processing adds hidden fats and sugars to enhance taste.

Even worse, over 6000 chemicals are used in processed foods, some of which have known adverse health effects and allergic reactions. Others have not been tested adequately over time and may well be unsafe.

These artificial food colorings were used for decades to make food look more appealing until the Food and Drug Administration (FDA) banned them.

According to the prestigious, non-profit organization Center for the Science in the Public Interest:

Commonly used food dyes, such as Yellow 5, Red 40, and six others, are made from petroleum and pose a "rainbow of risks." Those risks include hyperactivity in children, cancer (in animal studies), and allergic reactions. In 2008, because of the problem of hyperactivity, the Center for Science in the Public Interest petitioned the Food and Drug Administration to ban the use of these dyes. The British government and European Union have taken actions that are virtually ending the use of dyes throughout Europe.

Food dyes also serve to deceive consumers: they are often used to simulate the presence of healthful, colorful fruits and vegetables. But considering the adverse impact of these chemicals on children, and considering how easily they can be replaced with safe, natural ingredients, it's time to get rid of them altogether from the United States and Canada.

Don't play Russian roulette with your diet! Play it safe and follow these simple rules:

- Don't eat food that has been frozen or pre-cooked.
- Don't eat food with ingredients that you can't picture as food.
- Be wary of foods that come in cans or packages.

REFINED SUGAR IS POISON

A surprising number of health professionals consider refined sugar, also known as table sugar, as poison. When you discover all of the adverse effects sugar has on your health, it's hard to disagree.

First, you should understand what refined sugar is and how it is processed.

Sugar refining is the process of extracting sugar (sucrose) out of plants, primarily sugar cane and sugar beets.

The refining process involves repeatedly washing, boiling, centrifuging, filtering and drying the plant pulp until only the raw sugar remains.

Raw sugar is 95% sucrose.

But that's just the beginning. The white table sugar you're most familiar with undergoes further processing. To produce those white crystals bleaching agents and carbon dioxide are added. There's more. The sugar is added to water and filtered again to purify and whiten it even more.

The completely refined white sugar product is now over 99.9% sucrose and has no nutritional value – no vitamins, no minerals, no proteins, no fibers. That's why they refer to sugar as having "empty calories." The bottom line – sugar is pure "junk food".

But there's more to it. Sugar can make you fat. Sugar can make you sick. And in some cases, sugar can end up killing you.

Here is a list of just some of the adverse health effects of refined sugar based on a vast array of scientific studies conducted over many years:

- Refined sugar can increase triglycerides (high levels of triglycerides in the bloodstream have been linked to hardening of the arteries, thus increasing your risk of heart disease and stroke.
- Refined sugar can suppress your immune system
- Refined sugar can deplete your body of important minerals
- Refined sugar can cause hypoglycemia

- Refined sugar can decrease growth hormone
- Refined sugar can contribute to diabetes
- Refined sugar can cause food allergies
- Refined sugar can increase serum insulin
- Refined sugar upsets the mineral relationships in the body.
- Refined sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- Refined sugar can produce a significant rise in triglycerides.
- Refined sugar contributes to the reduction in defense against bacterial infection (infectious diseases).
- Refined sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you loose.
- Refined sugar leads to chromium deficiency.
- Refined sugar leads to cancer of the ovaries.
- Refined sugar interferes with absorption of calcium and magnesium.
- Refined sugar can weaken eyesight.
- Refined sugar can produce an acidic digestive tract.
- Refined sugar can cause a rapid rise of adrenaline levels in children.
- Sugar malabsorption is frequent in patients with functional bowel disease.
- Refined sugar can cause tooth decay.
- High intake of Refined sugar increases the risk of Crohn's disease, and ulcerative colitis.

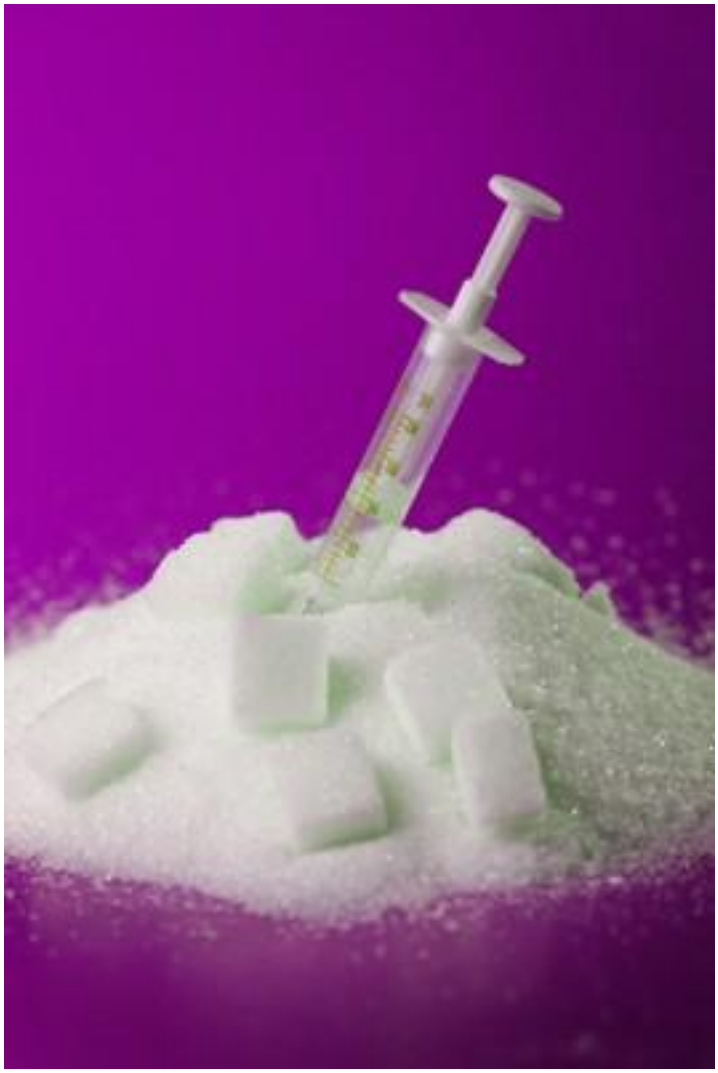
- Refined sugar can contribute to arthritis.
- Refined sugar can cause gallstones.
- Refined sugar can lead to hemorrhoids.
- Refined sugar can contribute to varicose veins.
- Refined sugar can contribute to osteoporosis.
- Refined sugar can lower the amount of Vitamin E (alpha-Tocopherol in the blood.
- Refined sugar can decrease growth hormone.
- Refined sugar can increase the systolic blood pressure.
- Refined sugar can cause drowsiness and decreased activity in children.
- Refined sugar can interfere with the absorption of protein.
- Refined sugar can contribute to eczema in children.
- Refined sugar can make your skin age by changing the structure of collagen.
- Refined sugar can affect liver health and may increase the amount of liver fat.
- Refined sugar can affect kidney health
- Refined sugar can damage the pancreas.
- Refined sugar can contribute to Irritable Bowel Syndrome (IBS)
- Refined sugar can compromise the lining of the capillaries.
- Refined sugar can make the tendons more brittle.
- Refined sugar can cause headaches, including migraine.

- Refined sugar plays a role in pancreatic cancer in women.
- Refined sugar can adversely affect school children's grades and cause learning disorders..
- Refined sugar can cause depression.
- Refined sugar increases the risk of gastric cancer.
- Refined sugar can increase your risk of getting gout.
- Refined sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.
- Refined sugar can contribute to Alzheimer's disease.
- Refined sugar can cause blood platelet adhesiveness.
- Refined sugar can cause hormonal imbalance; some hormones become underactive and others become overactive.
- Refined sugar can lead to the formation of kidney stones.
- Refined sugar can exacerbate PMS.
- Refined sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
- Refined sugar can cause low birth weight babies.
- Sweet food items increase the risk of breast cancer.
- Refined sugar is a risk factor in cancer of the small intestine.
- Refined sugar may cause laryngeal cancer.
- Refined sugar induces salt and water retention.
- Refined sugar may contribute to mild memory loss.
- Refined sugar can increase the risk of stomach cancer.
- Refined sugar can be a factor in asthma.

There's another thing you need to know about refined sugar –

IT's ADDICTIVE!

When someone tells you they need their “sugar fix” they really mean it. Studies show that refined sugar depletes zinc in your body which dulls your sense of taste so you need more and more sugar to satisfy your craving for sweets.



Kicking the sugar habit requires diligence. It's not enough to eliminate the obvious foods such as pastries and candies.

Sugar has become a staple of a surprising number of processed foods.

In the 1980's the average American consumed 6 tablespoons of sugar a day. Ten years later the average American consumed 16 tablespoons per day, more than twice as much.

Why? For one thing, there's a lot more sugar in some food products than you'd ever imagine.

For instance, a typical 12-ounce can of soda contains 8-10 teaspoons of sugar! And, as you'll learn later, switching to diet soda may not be the answer.

Another reason, Americans have increased their consumption of sugar is it's hiding in all kinds of foods not usually associated with being sweet. That's why you've got to get into the habit of reading the labels. Look for the sugar content. It may be listed as *sucrose*.

Here is a list of common foods which likely contain refined sugar:

The Obvious Ones

- Candies
- Cakes
- Ice cream
- Cookies
- Doughnuts
- Soda pop.

The Hidden Ones

- Ketchup
- Breads
- Soups
- Cereals
- Cured meats
- Hot dogs
- Lunch meat

- Salad dressings
- Spaghetti sauce
- Crackers
- Mayonnaise
- Peanut butter
- Pickles
- Pizza
- Canned fruits and vegetables
- Tomato juice
- Sauces and gravies
- Maple syrup
- Frozen dinners
- Energy bars

THE TRUTH ABOUT FAT

Contrary to what you may have heard or read, fat itself isn't necessarily bad. The fact is – your body needs fat to function properly. The question isn't whether you should consume fat; the question is how much and what kind.

That's right. Not all fat is the same. There are the so-called good fats and bad fats.

First, you must understand that nutritionists commonly differentiate fats as “saturated” and “unsaturated.” Most saturated fats come from animal meats, dairy products and some tropical plants, such as virgin coconut oil. Unsaturated fats are found in plant foods.

Here’s a more complete list of foods containing saturated fat:

- High-fat dairy products such as full-fat cheese, cream, ice cream, whole milk, 2% milk and sour cream.
- High-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon and spareribs
- Poultry (chicken and turkey), especially the skin
- Lard
- Butter
- Some shortening products
- Fatback and salt pork
- Cream sauces
- Gravy made with meat drippings
- Chocolate
- Palm oil and palm kernel oil
- Coconut and coconut oil

There’s a common misconception that saturated fats will make you fat and unsaturated fats will not. The truth is, both will make you fat if you consume too much. The average American consumes about 60% of his or her calories in fat.

When your diet also includes carbohydrate, consuming that much fat becomes a sure way to gain unwanted pounds.

You don't have to avoid saturated fats… just the opposite. Saturated fats play a vital role in cell function, help maintain bone health and support other important bodily functions.

The problem comes with processed fats, especially those in which the fat oil has been processed into hydrogenated solids. These are known as trans fatty acids, most commonly referred to as **TRANS FATS**.

Trans Fats became popular a few decades ago as a replacement for saturated fats when the media focused incorrectly on the dangers of eating saturated fats.

Plus, food manufacturers recognized that trans fats prolonged the shelf life of some processed foods.

Trans fats are commonly found in processed foods such as commercially baked goods, icing, margarine, potato chips, cookies, crackers, microwave popcorn, and some fried foods like french fries and fried chicken.

AVOID EATING ANY FOOD THAT CONTAINS TRANS FATS.

Here's why...

Studies show that trans fats are associated with a variety of health risks,

including:

- Trans fats lower "good" HDL cholesterol in a dose response manner (the higher the trans fat level in the diet, the lower the HDL cholesterol in the serum).
- Trans fats raise the bad LDL cholesterol in a dose response manner.
- Trans fats raise the atherogenic lipoprotein (a) in humans (increases blockages in the arteries).
- Trans fats raise total serum cholesterol levels 20-30mg.
- Trans fats lower the amount of cream (volume) in milk from lactating females in all species studied, including humans, thus lowering the overall quality available to the infant.
- Trans fats increase blood insulin levels in humans in response to glucose load, increasing risk for diabetes.
- Trans fats increase insulin resistance thus having an undesirable effect in diabetics.
- Trans fats affect immune response by lowering efficiency of B cell response.
- Trans fats decrease levels of testosterone in male animals, increase level of abnormal sperm, and interfere with gestation in females.
- Trans fats cause alterations in cell membranes, including membrane fluidity.

- Trans fats cause alterations in fat cell size, cell number, and fatty acid composition.
- Trans fats escalate adverse effects of essential fatty

Foods to AVOID:

- Avoid “low-fat” or “fat-free” versions of all foods. Don’t equate calories with fat. Just because a product is labeled “fat-free” doesn’t mean it’s “calorie-free.” Eating a bag of “fat-free” cookies is not without its consequences.
- Avoid foods with hydrogenated oil or partially hydrogenated oil. Select foods that either do not contain hydrogenated oil or where any liquid oil is listed first in the ingredient list.

WHY YOU SHOULD AVOID HIGH FRUCTOSE CORN SYRUP

High-fructose corn syrup (HFCS), sometimes called corn sugar, is a common ingredient in sodas and fruit-flavored drinks. Although food manufacturers have started using it less thanks to recent attention, high-fructose corn syrup is still the most common added sweetener in processed foods and beverages.

While high-fructose corn syrup is chemically similar to table sugar (sucrose), the processing of this sweetener presents some health concerns. Studies suggest your body may react differently to high-fructose corn syrup than it does to other types of sugar.

But no matter how you slice it, HFCS is just as bad as refined sugar and you should limit your consumption or avoid it altogether.

Here's why…

1. Increased Risk of Weight Gain & Obesity

Important studies show HFCS causes increased weight gain over other forms of sweeteners. A Princeton University study demonstrated that that rats fed HFCS gained fat 300% more quickly than those fed an equal (or slightly larger) dose of fruit-derived sugar.

2. Increased Risk of Developing Type-2 Diabetes

Studies suggest that consumption of high-fructose corn syrup over a period of time increases the chances of developing diabetes.

3. Hypertension and Elevated “Bad” Cholesterol Levels

There is a strong connection between excess consumption of high fructose corn syrup and elevated triglyceride and HDL (bad cholesterol) levels, which can lead to cardiovascular diseases, including hypertension, heart disease, and even stroke.

4. Long-Term Liver Damage

Some research suggests that HFCS, may be harmful to your liver. Since the liver is responsible for removing toxins in your body, diminished liver function may lead to a variety of serious diseases.

5. Mercury Exposure from HFCS

In a recent study the heavy metal Mercury was found in over 50 percent of HFCS samples tested. Mercury can be poisonous to your system and may lead to neurological damage, especially in children.

The most common place to find High Fructose Corn Syrup is processed foods, even those from the best known food brands. Read the labels, especially on these foods:

- Baking and Cooking ingredients, including stuffing, cookie crumbs
- Sodas, Juice Drinks, Energy Drinks, even so-called healthy teas and beverages.

- Some breads (even whole grain breads) and muffins

- Breakfast Cereals (even the ones that promote health benefits such as whole grain, bran and added vitamins)
- Breakfast Pastries
- Candy Bars, hard candies, granola bars, health bars and energy bars

- Condiments, including some catsup and mayonnaise products
- Cookies and Cakes, including breakfast tarts, and sweet health & nutrition products
- Cough Syrup, especially children's products!
- Crackers (even whole grain products)
- Yogurt and Dairy Topping
- Drink Mixers
- Frozen Foods
- Sweet Pickles and Relish
- Applesauce and Cranberry Products
- Baked Beans

- Ice Creams
- Jams, Jellies, and Syrups
- Pastries and Gelatin Products
- Salad Dressings
- Meat Sauces

- Lunch Meats and Lunch Snacks (Pizzas, Tacos, Peanut Butter)
- Soups (especially microwave products)

WATCH OUT FOR ASPARTAME

Some health professionals will tell you that the artificial sweetener aspartame may be the most dangerous food additive still on the market today.

Aspartame is the technical name for the ingredient found in many popular sweeteners, including NutraSweet, Equal, Spoonful, and Equal-Measure. It was discovered by accident in 1965 when a chemist, James Schlatter, was testing an anti-ulcer drug.

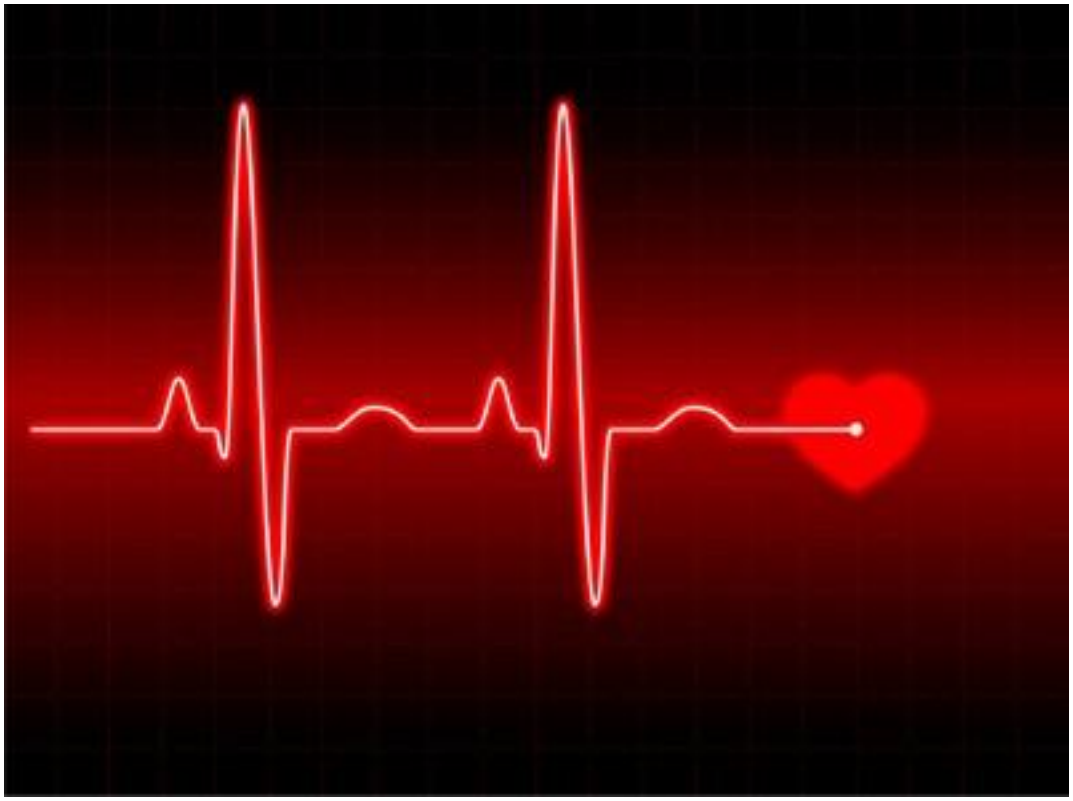
According to the Food and Drug Administration (FDA), Aspartame accounts for over 75 percent of the adverse reactions to food additives reported.

Some of the common reactions reported include:

- Headaches/migraines
- Dizziness
- Seizures
- Nausea
- Numbness
- Muscle spasms

- Weight gain
- Rashes
- Depression
- Fatigue
- Irritability
- Tachycardia (rapid heart rate)

- Insomnia
- Vision problems
- Hearing loss



- Heart palpitations
- Breathing difficulties
- Anxiety attacks
- Slurred speech
- Loss of taste
- Tinnitus (ringing in ears)
- Vertigo
- Memory loss
- Joint pain

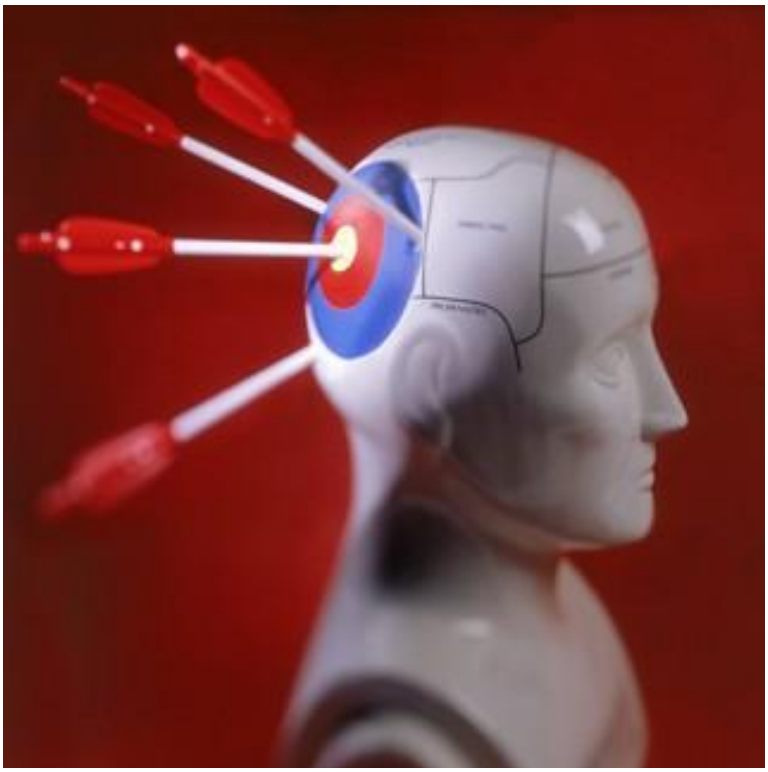
Some researches and physicians suggest that aspartame may trigger or worsen certain diseases and chronic illnesses, including:

- Brain tumors
- Multiple sclerosis
- Epilepsy
- Chronic fatigue syndrome
- Parkinson's disease
- Alzheimer's disease
- Mental retardation
- Lymphoma
- Birth defects
- Fibromyalgia
- Diabetes

Aspartame is made up of three chemicals: **aspartic acid, phenylalanine,** and **methanol**.

Aspartic acid is an amino acid which acts as a neurotransmitter in the brain sending signals from neuron to neuron. Excessive amounts of aspartic acid can actually excite or stimulate a neuron to death. That's why it's known as an "excitotoxin"!

It's no wonder one of the most common complaints of people who consume too much aspartame is memory loss.



Phenylalanine comprises 50% of aspartame. Phenylalanine is another amino acid found in the brain. Too much of it in the brain can cause to death. Studies have shown that moderately high amounts of phenylalanine can decrease serotonin levels and lead to emotional disorders, most notably depression.

Keep in mind that even a single serving of aspartame can raise phenylalanine levels in the brain. And there have been some reports of people who experience violent mood swings and rages after excessive, long-term consumption of diet sodas containing aspartame.

Methanol accounts for 10% of aspartame. Now this is somewhat complicated but worth following. Methanol is also known as wood alcohol, a deadly poison. The absorption of methanol into the body speeds up considerably you ingest free methanol.

Free methanol is created when you heat aspartame 86 degrees Fahrenheit (30 Centigrade). And that's exactly what happens when you heat products that contain aspartame, such as gelatin desserts.

The methanol breaks down into formic acid and formaldehyde in the body. Simply put, formaldehyde is a deadly neurotoxin that builds up because it is eliminated very slowly from the body.

Symptoms from methanol poisoning include headaches, ear buzzing, dizziness, nausea, gastrointestinal disturbances, weakness, vertigo, chills, memory lapses, numbness and shooting pains in the extremities, behavioral disturbances, and neuritis. The most well known problems from methanol poisoning are vision problems including misty vision, progressive contraction of visual fields, blurring of vision, and obscuration of vision, retinal damage, and blindness. Formaldehyde is a known carcinogen, causes retinal damage, interferes with DNA replication and causes birth defects.

Do you really want to consume this witches' brew of chemicals?

Here are some popular processed foods that commonly contain aspartame.

- Breath mints
- Carbonated soft drinks

- Cereals
- Chewing gum
- Flavored syrups for coffee
- Flavored water products
- Frozen ice
- Frozen ice cream novelties

- Jams and jellies
- Gelatin, sugar free
- Hard candies
- Ice cream toppings
- Ice creams, no sugar added or sugar free
- Iced tea, powder

- Iced tea, ready to drink
- Instant cocoa mix
- Juice blends
- Juice drinks

- Maple syrups
- Meal replacements
- Mousse
- No sugar added pies
- Non-carbonated diet soft drinks
- Nutritional bars
- Powdered soft drinks
- Protein nutritional drinks

- Pudding
- Soft candy chews
- Sugar free chocolate syrup
- Sugar free cookies
- Sugar free ketchup
- Table top sweeteners
- Vegetable drinks
- Yogurt, drinkable
- Yogurt, fat free
- Yogurt, sugar-free

AVOID MONOSODIUM GLUTAMATE

Monosodium Glutamate (MSG) is another *excitotoxin* because it can stimulate neurons, or brain cells, to death.

Used as a flavor enhancer usually associated with Chinese food, MSG is commonly added for its salty flavor to canned vegetables, soups and processed meats. Although the Food and Drug Administration (FDA) has classified MSG as a food ingredient that's "generally recognized as safe," MSG remains controversial.

For this reason, when MSG is added to food, the FDA requires that it be listed on the label.

Over the years, the FDA has received many reports from people who ate foods flavored with MSG and claimed to have suffered numerous adverse reactions, including:

- Headache
- Flushing

- Sweating
- Facial pressure or tightness
- Numbness, tingling or burning in face, neck and other areas
- Rapid, fluttering heartbeats (heart palpitations)

- Chest pain
- Nausea
- Weakness

You'll find MSG hiding in a lot of common foods you consume often, including:

Fast Foods

Fast food restaurants that sell chicken, sausage, ranch dressing, flavored fries and dipping sauces can all contain MSG.

Convenience Store Foods

Processed luncheon meats, canned soups, frozen dinners, pasta with flavor packets, and breaded items frequently contain monosodium glutamate.

Spices

Spice and flavor mixtures such as taco mix, meat tenderizer, bouillon cubes, seasoning salt, dip mixes and gravy mixes frequently have monosodium glutamate.

Sauces

Monosodium glutamate is often found in soy sauce, Worcestershire sauce, salad dressings, canned gravy and fish sauce.

The following ingredients and/or products ALWAYS contain MSG:

- Hydrolyzed protein (any protein that is hydrolyzed)
- Textured protein
- Glutamate
- Monopotassium glutamate
- Glutamic acid
- Calcium and sodium caseinate
- Yeast extract and Yeast food
- Autolyzed yeast
- Yeast nutrient
- Gelatin
- Accent and Zest
- Glutavene
- Glutacyl
- RL-50

These products and/or additives OFTEN contain MSG:

- Malt extract and flavoring
- Barley malt
- Tamari
- Natural flavor(s) and natural flavoring(s) such as pork, beef, chicken, etc.
- Bouillon
- Soy sauce and extract
- Soy protein isolate and concentrate
- Seasonings (the word seasoning)

- Broth and Stock
- Whey protein isolate, and concentrate
- Milk solids in low fat milk products
- Spices (sometimes)
- Protease enzymes and enzymes (depending upon the source)
- Mei-Jing ans Wei-Jing
- Ajinomoto
- Anything protein fortified, enzyme fortified, ultra-pasteurized, or fermented
- Carrageenan
- Maltodextrin
- Kombu extract
- Subu
- Worcestershire sauce
- Pectin

In addition, two food additives that are used to enhance the effects of MSG are disodium guanylate and disodium inosinate. If these are present, so is MSG.

OTHER FOOD ADDITIVES YOU SHOULD AVOID

Get in the habit of reading the labels on processed food. Chances are they contain additives for color, flavor and/or to add shelf life.

Here are some of the main offenders:

Propyl Gallate

This preservative is added to help prevent fats and oils from spoiling. Some studies indicate it may have carcinogenic properties.

You'll find propyl gallate in:

- Some vegetable oil
- Meat products
- Potato sticks
- Chicken soup base
- Chewing gum

BHA and BHT

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are other additives used to keep fats and oils from spoiling. Some studies suggest that BHA and BHT may cause cancer in rats.

You'll find BHA and BHT in:

- A variety of packaged goods
- Some breakfast cereals
- Chewing gum
- Vegetable oil
- Potato chips.

Potassium Bromate

Most countries have banned this food additive. But it is still used in the United States and Japan. Manufacturers add potassium bromate to help increase the volume of breads and to enhance the texture. In some cases bromated can cause cancer in lab animals.

You'll find bromates in:

- Fast food
- Buns
- Rolls
- White breads
- Dough based desserts and snacks

Acesulfame-K

This artificial sweetener is 200 times sweeter than sugar. Some animal studies have shown that acesulfame-K may have carcinogenic properties. Other studies have found that when broken down into acetoacetamide, this additive adversely affected the thyroid in rats, rabbits and dogs.

You'll find acesulfame-K in:

- Pastries
- Chewing gum
- Gelatin desserts
- Some soft drinks

Olestra

Olestra is a synthetic fat substitute marketed under the brand name Olean. When it first came out, Olestra was hailed as a health breakthrough because unlike natural fats, this synthetic fat is not absorbed by the body. But you pay a price. Olestra can cause diarrhea, loose stools, abdominal cramps and flatulence, along with other effects. Recent studies also show that Olestra reduces the body's ability to absorb important nutrients such as lycopene, lutein and beta-carotene.

You'll find Olestra in:

- Potato chips
- Baked snacks
- Other baked goods

Sodium Nitrite (Sodium Nitrate)

Sodium nitrite (or sodium nitrate) is used as a preservative, coloring and flavoring. These additives can lead to the formation of cancer-causing chemicals called nitrosamines. Some studies have found a link between consuming cured meats and nitrite and cancer in humans.

You'll find sodium nitrite in:

- Bacon
- Ham
- Hot dogs
- Luncheon meats
- Corned beef
- Smoked fish
- Other processed meats

Potassium Benzoate and Sodium Benzoate

Both are food preservatives used in acidic foodsStudies have shown that benzoates may trigger allergies and may cause neurological problems, especially when consumed by children.

You'll benzoates in:

- Pickles
- Processed fruit juices
- Sparkling beverages

Mono- glycerides and Di-glycerides

These common food preservatives are used to blend together certain ingredients, such as oil and water, which would not otherwise blend well. Some research indicates these additives may cause birth defects and cancer.

You'll find mono-glycerides and di-glycerides in:

- Many processed foods
- Cookies
- Cakes
- Pies
- Bread
- Peanut Butter
- Canned vegetables
- Chewing gum
- Whipped toppings
- Shortening
- Margarine

Commonly Used Artificial Food Coloring

Blue 1 and Blue 2

Blue 1, used to color candy, beverages and baked goods, may cause cancer. Blue 2, found in pet food, candy and beverages, has caused brain tumors in mice.

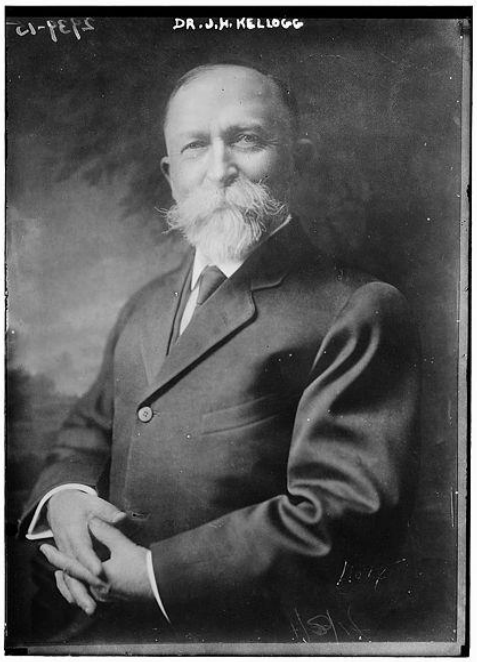
Red 3

This food coloring is used in cherries (in fruit cocktails), baked goods and candy. It causes thyroid tumors in rats, and may cause them in humans as well.

Yellow 6

As the third most often used food coloring, yellow 6 is found in many products, including baked goods, candy, gelatin and sausages. It has been found to cause adrenal gland and kidney tumors, and contains small amounts of many carcinogens.

THE PROBLEM WITH BREAKFAST CEREALS



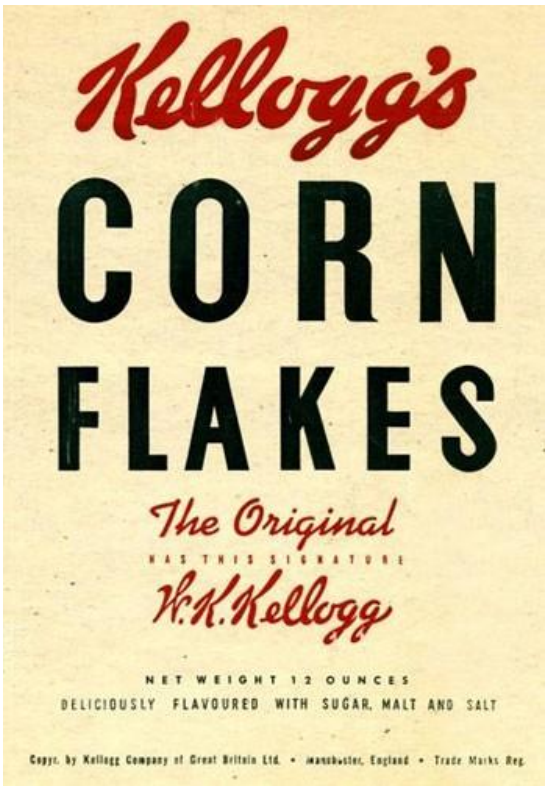
John Harvey Kellogg

John Harvey Kellogg did not invent the cornflake, but the company that bears his name leads the world in the sales of breakfast cereals. Interestingly, John Kellogg was a real health nut, a true believer whose original whole grain corn flake cereal had some nutritional merit.

His brother, Will, however, understood that his brother John's recipe would not appeal to the taste of the American mass market unless sugar was added to the recipe. John vehemently opposed the notion of adding an ingredient he spent his entire adult life attacking!

The dispute over the Kellogg cornflake recipe led to a parting of the ways and a feud that lasted until John's death in 1943.

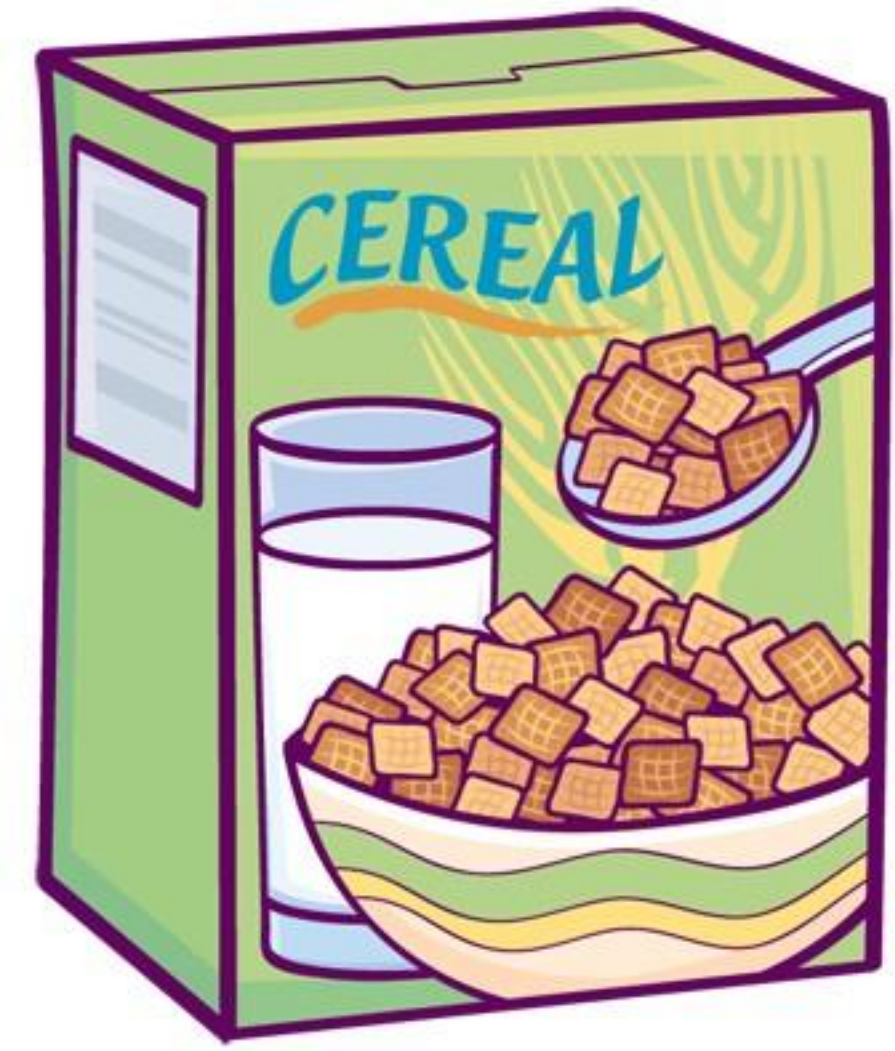
The Kellogg Company, the one that produced the popular cornflake still on the market today, was founded by brother Will and, yes, still contains refined sugar.



Many health professionals consider breakfast your most important meal of the day, supplying you with needed energy from morning to afternoon. Smart dieters know that eating a large breakfast, a smaller lunch and an even smaller dinner supports a successful weight management plan.

There's a popular notion that a good whole grain cereal is a far superior way to start your day than the traditional eggs and breakfast meat. And there may some truth to that, but beware – not all breakfast cereals are as healthy as they claim!

Recently a consumer health group examined 275 breakfast cereals and found that over three quarters had high levels of sugar (more than 15g per 100g), a fifth had high levels of salt (more than 1.5g per 100g) and 7 percent had high levels of saturated fat (more than 5g per 100g).



Even worse, 90% of the cereals examined that targeted children extremely high in sugar. And many contained High Fructose Corn Syrup.

If you want to eat cereal for breakfast, here's a helpful guide:

- Avoid cereals with 3g or more fat per 100g
- Avoid cereals with 1.5g or more saturated fat per 100g
- Avoid cereals with 5g or more sugars per 100g
- Avoid cereals with 0.3g or more salt per 100g
- Pick a breakfast cereal with more fiber. Fiber helps fill you up. And studies suggest consuming fiber every day may help lower the risk of heart disease and cancer.
- Use non-fat milk, soymilk or rice milk to go with cereal.
- Add fresh sliced fruit to cereal. It adds nutritional value.

THE PROBLEM WITH DIET SODAS

When diet soda was introduced into the marketplace in 1958 it was an immediate sensation. The first big brand was called *Diet Rite*, positioning itself as a sugar-free cola perfect for calorie-conscious dieters.

Since then beverage companies have spent billions promoting diet soda as the healthier alternative to sugary carbonated beverages.

Is it really?

A typical 12 ounce bottle or can of soda contains the equivalent of 8-10 teaspoons of sugar, often in the form of high fructose corn syrup. Some nutritionists describe soda pop as *liquid candy*! Diet soda is calorie free. So, in a way, diet soda does help promote weight loss.

But you pay a price because diet soda comes with an array of other very unhealthy properties.

Diet soda may not have the sugar or calories of regular soda, but it's filled with caffeine, artificial sweeteners, sodium and phosphoric acid, not to mention artificial coloring and flavoring.

Drinking a bottle of diet soda is like drinking a chemistry set!

Do you really want to drink a beverage artificially sweetened with aspartame or sucralose and acesulfame potassium? Did you know that one of the most popular sweeteners used in sodas, cyclamates, was banned in 1970 after it was determined to have cancer-causing properties?

Now here's the real shocker. Several studies indicate that drinking diet soda actually *increases* your risk of obesity.

As it turns out, when you drink a diet soda with its sweet taste, your body expects sugar. When no sugar is delivered, your body starts craving it. So, the artificially sweetened soft drink, instead of satisfying your need for sweets actually increases the craving for sugar!

So, which is the best choice…sugar-free diet sodas or sodas loaded with sugar?

The answer is “no” to both!

Try drinking water or natural fruit juices with no added ingredients or homemade iced tea with honey if you like it sweet.

THE PROBLEM WITH FACTORY FARMED MEATS

The government refers to *factory farms* as Concentrated (or Confined) Animal Feeding Operations (CAFOs). The Environmental Protection Agency (EPA) defines a CAFO as "operations which stable or confine and feed or maintain for a total of 45 days or more in any 12-month period more than the number of animals specified" in categories that they list out. In addition, "there's no grass or other vegetation in the confinement area during the normal growing season."

A large CAFO is defined as 1000 or more cattle for meat, 700 or more cattle for dairy, 2500 or more hogs over 55 pounds, or 125,000 or more chickens for meat, as much 82,000 or more laying hens for eggs.

These definitions are based on minimum numbers and the truth is, most of the meat you buy comes from factory farms which confine far more than the minimum. In the U.S., four companies produce 81 percent of cows, 73 percent of sheep, 57 percent of pigs and 50 percent of chickens. The big egg-laying farms house a million or more chickens per farm!

But the size of the farms isn't really the issue; rather, it's the way these farms are operated that causes concern. Like any mega-corporation, the factory farms want to produce the largest number of products with the least overhead costs. To do so, they engage in practices that should disturb you and give you second-thoughts about consuming the meat from these factory farms.

Confinement at high density requires feeding the animals antibiotics and pesticides to help reduce the spread of disease and pestilence caused by the crowded conditions. Antibiotics are also used to stimulate growth by killing intestinal bacteria. This may sound like a good idea, but it's becoming increasing clear that this practice has some serious downsides.

First of all, some scientists aren't completely sure what the long-term effects these antibiotics may have on human beings.

Even worse, introducing massive quantities of antibiotics to a large population of animals has created a rapid rise of antibiotic-resistant microbes!

The Infectious Diseases Society of America has declared antibiotic-resistant infections an epidemic in the United States. And the Food and Agriculture Organization (FAO) recently warned that global industrial meat production poses a serious threat to human health.

The recent outbreaks of *Mad Cow Disease* (bovine spongiform encephalopathy or BSE) and *foot and mouth disease* in Europe rang the alarm worldwide that something is terribly wrong with our meat industries.

Play it safe, eat grass fed meats and organic or free range poultry. It may cost a little more, but it's worth paying a little more to protect your

THE PROBLEM WITH MILK

Human beings are the only species that drinks milk beyond infancy and the only species that drinks the milk of another species.

Dr. Benjamin Spock, in his last edition of "Baby and Child Care", the bible for mothers with new-born babies, stated: *cow's milk is for baby cows, not for human children.*

Indeed, nature intended cow's milk for the nutritional needs of calves with four stomachs to help them gain hundreds of pounds in a matter of months. No wonder, according to the American Gastroenterogical Society, cow's milk is the number one cause of food allergies among infants and children.

Milk contains a sugar called lactose. Humans produce a special enzyme, lactase, which helps digest milk. But as early as 2 years of age, human beings start producing less lactase.

When you continue to drink milk beyond early childhood, there isn't enough lactase produced in your body to properly digest the lactose. This can lead to a condition known as *lactose intolerance*.

Millions of Americans suffer this condition. It is estimated 90 percent of Asian-Americans and 75 percent of Native- and African-Americans suffer lactose intolerance. Symptoms include bloating, gas, cramps, vomiting, headaches, rashes, even asthma.

So why do we continue to drink milk?

The dairy industry spends millions convincing women they must drink milk to provide their bones with needed calcium.

Yet look at the Chinese people who consume half as much calcium as Americans, consume it primarily from plant sources and have a considerably lower incidence of osteoporosis and other bone diseases.

Don’t let the dairy industry scare you into drinking milk for its calcium content. Again, the Chinese, who consume few dairy products, have a lower incidence of hip fractures than Americans. And a recent Harvard University study following thousands of women over a 12 year period showed that in fact, those women who consumed the most dairy products actually broke the most bones!

But what about protein? After all, milk contains a high percentage of protein. Sure but you get all the protein you need from meat, nuts, seeds, grains, beans and other legumes.

Still not convinced?

A study published in the International Journal of Cancer showed that women who increased lactose consumption as little as one glass of milk a day risked a 13% increase in ovarian cancer. A 1998 Harvard study linked high calcium consumption to prostate cancer in men.

Dr. Frank Oski, director of pediatrics at John Hopkins University and Dr. Neal Barnard, president of the 2000 member Physicians' Committee for Responsible Medicine stated that cow's milk is overrated as a source of calcium, is often contaminated with traces of antibiotics, can cause allergies and digestive problems and has been linked to juvenile diabetes.

Take Dr. Spock’s recommendation: drink soy milk or rice milk in moderate quantities.

KEEP AN EYE ON THE SEAFOOD WATCH LIST

You should include seafood in a healthy, balanced diet. Fish are often rich in omega-3 fatty acids, known to help reduce the risk of heart disease and other ailments.

But it's important to take care which fish you choose to eat. Pollution in all parts of the world has compromised some of the fish population. Some fish carry toxins that are harmful when eaten frequently.

Seafood contaminants include metals (such as mercury, which affects brain function and development), industrial chemicals (PCBs and dioxins) and pesticides (DDT). These toxins usually originate on land and make their way into the smallest plants and animals at the base of the ocean food web.

As smaller species are eaten by larger ones, contaminants are concentrated and accumulated. Large predatory fish—like swordfish and shark—end up with the most toxins. You can minimize risks by choosing seafood carefully.

Fortunately there's an organization dedicated to monitoring and identifying those fish which are the safest for human consumption.

MONTEREY BAY AQUARIUM

Seafood Watch provided by the Monterey Bay Aquarium (http://www.montereybayaquarium.org/cr/seafoodwatch.aspx) is dedicated to helping you make healthy seafood choices. Always refer to their "Super Green" list before buying and eating fish. The site also is great resource for nutrition values of seafood, and it even offers great fish recipes.

There are some other simple rules to follow when buying and preparing fish:

- Avoid frozen, pre-cooked fish
- Grill, poach or bake fish rather than fry it in butter or oil
- Rather than tartar sauce or other dressings on fish, simply use lemon or make your own salsa or fruit relish

THE BOTTLED WATER RIP OFF

Two big questions:

Why are you paying more for a 12-ounce bottle of water than you're paying for the same amount of gasoline?

Did you know that bottled water on average costs 500% more than the same quantity of tap water?

If you're still buying bottled water, you must think it's pretty special.

Think again.

25% of bottled water is actually tap water that has been purified or has had minerals added to it.

Plus, there is absolutely no evidence that bottled water is safer or healthier than tap water. In fact, you may be safer drinking tap water, especially if you live in the U.S. or Canada or most of Europe. That's right. You may be surprised to learn that the bottled water industry is less regulated than the city water that comes out of your tap. In fact, some studies have shown that some bottled waters contain a mineral content so high it is considered unsafe for consumption by small children.

Remember when you first noticed regular water being sold alongside sodas for the same price. We all laughed at the thought of someone paying for a bottle of water when water was virtually free at home or from a drinking fountain.

Get it right – just because bottled water costs more does not make it better. And if you're one of the millions of consumers who think it is better you're simply another victim of clever marketing.

Here's another reason to stop buying bottled water – it's an environmental disaster.

It is estimated that the amount of petroleum it takes to make the 1.5 million tons of plastic to make the bottles, transport and refrigerate the bottles and collect and dispose of the bottles would fill up one-third of each bottle sold!

And you should know the recycle rate of these plastic bottles is only about 14%, so the bottles are creating landfill problems worldwide. They're piling up everywhere and washing up on beaches around the planet.

GET SMART, STAY HEALTHY AND LOSE WEIGHT

Now you have the information to help you make healthier choices. All you have to do is keep it simple:

- Eat real food.

- Avoid processed food. Most food that comes in packages, cans or bottles probably has ingredients you don’t want to eat.

- If you do buy packaged foods read the labels!

- If the food contains refined sugar, processed fats, high fructose corn syrup, artificial sweeteners or any ingredient your kids would have trouble pronouncing, don't buy it and don't eat it.

- Stop drinking sodas, even diet sodas.
- Play it safe, eat grass fed meats and organic or free range poultry.
- Drink less milk, or even better, find a healthy milk substitute.

- Don’t let the giant food companies make you a victim of their relentless marketing. Read more about the food you feed yourself and your family. And start cooking more of your own meals.

- Start eating less food and better quality food. You'll look better, feel better and live longer!

GOOD LUCK!