



## Foods/Additives to Avoid

The typical American diet of fast foods, white flour, sugar and poor nutrient intake contributes to the malnourishment of individuals, leading to heart disease, cancer, diabetes, obesity and other illnesses readily occurring today.

We eat for health or disease. The following list is to help you avoid eating for disease:

### ***Foods to Avoid***

- Fast food
- Junk food
- Sweets (pies, cookies, pastries, donuts, cookies, ice cream and candy)
- Sugar (such as high fructose corn syrup, glucose, maltose, sucrose, dextrose)
- Fat-free products (added sugar and sodium and preservatives)
- Sugar-free products (artificial sweeteners are hazardous to our health and stimulate hunger)
- White flour
- Processed foods
- Caffeine
- Sodas and carbonated beverages
- Fried foods
- Hydrogenated oils, partially hydrogenated oils and trans fats
- Artificial sweeteners (splenda, nutrasweet, sweet n low)

### ***Common Chemical Additives to Avoid***

- Artificial colors and flavors
- Sodium nitrite and nitrate (found in most cured meats)
- BHT and BHA
- Aspartame and saccharin
- Sucralose/Splenda
- Sulfites
- Sulfur dioxide
- Brominated vegetable oil (BVO)
- Monosodium Glutamate (MSG)
- THBQ
- Propyl gallate
- Propylene glycol
- EDTA
- Aluminum salts
- Polysorbate 60, 65 and 80
- All dyes – yellow, blue, red, green, etc.