

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK 6-Eliminate Processed Foods

We live in a PROCESSED world...It's EASY, It's CHEAP, but in the long run you are GOING to PAY for it!! (Coronary Artery Disease, Diabetes...Bypass surgery)

Wondering what is PROCESSED? Try following this simple rule: Read the ingredients label on everything you purchase. If you can easily identify every ingredient as having come from a plant or animal in nature, then it's a keeper. If not, LEAVE it on the SHELF!



9 Ingredients to avoid in Processed Foods

	<i>Why it is Used</i>	<i>Why it is Bad</i>
Artificial Colors	Chemical compounds made from coal-tar derivatives to enhance color.	Linked to allergic reactions, fatigue, asthma, skin rashes, hyperactivity and headaches.
Artificial Flavorings	Cheap chemical mixtures that mimic natural flavors.	Linked to allergic reactions, dermatitis, eczema, hyperactivity and asthma Can affect enzymes, RNA and thyroid.
Artificial Sweeteners (Acesulfame-K, Aspartame, Equal®, NutraSweet®, Saccharin, Sweet'n Low®, Sucralose, Splenda® & Sorbitol)	Highly-processed, chemically-derived, zero-calorie sweeteners found in diet foods and diet products to reduce calories per serving.	Can negatively impact metabolism Some have been linked to cancer, dizziness hallucinations and headaches.
Benzoate Preservatives (BHT, BHA, TBHQ)	Compounds that preserve fats and prevent them from becoming rancid.	May result in hyperactivity, angiodema, asthma, rhinitis, dermatitis, tumors and urticaria Can affect estrogen balance and levels.
Brominated Vegetable Oil (BVO)	Chemical that boosts flavor in many citric-based fruit and soft drinks.	Increases triglycerides and cholesterol Can damage liver, testicles, thyroid, heart and kidneys.
High Fructose Corn Syrup (HFCS)	Cheap alternative to cane and beet sugar Sustains freshness in baked goods Blends easily in beverages to maintain sweetness.	May predispose the body to turn fructose into fat Increases risk for Type-2 diabetes, coronary heart disease, stroke and cancer Isn't easily metabolized by the liver
MSG (Monosodium Glutamate)	Flavor enhancer in restaurant food, salad dressing, chips, frozen entrees, soups and other foods.	May stimulate appetite and cause headaches, nausea, weakness, wheezing, edema, change in heart rate, burning sensations and difficulty in breathing.
Olestra	An indigestible fat substitute used primarily in foods that are fried and baked.	Inhibits absorption of some nutrients Linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence.
Shortening, Hydrogenated and Partially Hydrogenated Oils (Palm, Soybean and others)	Industrially created fats used in more than 40,000 food products in the U.S. Cheaper than most other oils.	Contain high levels of trans fats, which raise bad cholesterol and lower good cholesterol, contributing to risk of heart disease.

www.rawforbeauty.com

Tips to Avoid Processed Foods:

- Avoid Boxes, Bags and Cans
- Stay away from anything white.
- Shop on the outside edge of the store.
- Don't buy it if the label has more than 5 ingredients.
- If any of the first ingredients end in "ose."
- If the food label is not clear.
- If you have a coupon.

<http://www.active.com/nutrition/articles/7-tips-to-avoid-processed-foods?page=2>