

Give up the things you won't miss

ARTIFICIAL INGREDIENTS

- **COLORS**

ARTIFICIAL FOOD COLORING AND DYES ARE BANNED IN MANY COUNTRIES INCLUDING NORWAY, FRANCE, AUSTRIA, UK AND FINLAND. ARTIFICIAL DYES ARE MADE FROM CHEMICALS THAT ARE DRIVEN FROM PETROLEUM AND ARE LINKED TO NEUROLOGICAL PROBLEMS, BRAIN CANCER, ADD, ADHD AND HYPERACTIVITY IN CHILDREN.

- **FLAVORS**

OCTOBER 2018 THE FDA BANNED 7 ARTIFICIAL FLAVORS BUT COMPANIES HAVE 24 MONTHS TO COMPLY. EVEN THOUGH LABORATORY STUDIES CAN SHOW THAT A FLAVOR CAN CAUSE CANCER IN LABORATORY ANIMALS THE FDA'S GENERAL STANCE IS THAT "IT'S USED IN SUCH A SMALL QUANTITY" THAT IT DOESN'T MATTER...

- **SWEETENERS**

ARTIFICIAL & NAURAL SWEETENERS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES AND METABOLIC SYNDROME.

- **PRESERVATIVES**

YOUR REACTION TO PRESERVATIVES DEPENDS ON YOU AND WHICH PRESERVATIVE IS IN QUESTION. THEY CAN TRIGGER ASTHMA AND BEHAVIOR ISSUES IN CHILDREN. SOME HAVE BEEN LINKED TO HEART DISEASE AND EVEN CANCER.

- **VEGETABLE OIL**

POLYUNSATURATED OILS HINDER FAT METABOLISM, THEY REDUCE YOUR BODY'S ABILITY TO PRODUCE ENERGY (ATP), THEY DAMAGE DNA, INCREASE INFLAMMATION, AND PROMOTE MOST CHRONIC DISEASES.

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LOOK FOR THESE IN THE INGREDIENT LIST:

• COLORS

YELLOW NO.5 TARTRAZINE [102], YELLOW NO.6 SUNSET YELLOW [110], RED NO.3 ERYTHROSINE [127], RED NO.40 ALLURA RED AC [129], BLUE NO.2 INDIGOTINE [132], BLUE NO.1 BRILLIANT BLUE FCF [133], GREEN NO.3 FAST GREEN FCF [143], ~ORANGE B, ~CITRUS RED NO.2 [121], CARAMEL COLOR

FOUND IN: DRINKS, PROCESSED FOOD, FAST FOOD, CANDY, CONDIMENTS, CEREAL, ENERGY BARS, FRUIT BARS, VITAMINS, SUPPLEMENTS, COFFEE CREAMER, DESSERTS, CHEESE, GUM, SOUP, BROTH,

• FLAVORS

ARTIFICIAL FLAVORS. GET THE FULL LIST HERE:
[HTTPS://WWW.ACCESSDATA.FDA.GOV/SCRIPTS/CDRH/CFDOCS/CF CFR/CFRSEARCH.CFM?FR=172.515](https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=172.515)

FOUND IN: DRINKS, PROCESSED FOOD, FAST FOOD, CANDY, CONDIMENTS, CEREAL, ENERGY BARS, FRUIT BARS, VITAMINS, SUPPLEMENTS, COFFEE CREAMER, DESSERTS, GUM

• FAKE SWEETENERS

HFCS (HIGH FRUCTOSE CORN SYRUP), MALTODEX-TRIN, DEXTROSE, FRUCTOSE, LACTOSE, MALITOL, XYLITOL, AGAVE, ARTIFICIAL SWEETENERS: ASPARTAME, NUTRASWEET, SPLENDA, SWEET N' LOW, ETC

FOUND IN: DRINKS, PROCESSED FOOD, FAST FOOD, CANDY, CONDIMENTS, CEREAL, ENERGY BARS, FRUIT BARS, VITAMINS, SUPPLEMENTS, BAKED GOODS, SYRUPS, JAMS, DESSERTS, COFFEE CREAMER, GUM



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LOOK FOR THESE IN THE INGREDIENT LIST:

• PRESERVATIVES

EXAMPLES: SODIUM NITRATE, SODIUM NITRITE, SODIUM ERYTHROBATE, SULFUR DIOXIDE, SODIUM BENZOATE, SODIUM ALUMINUM PHOSPHATE, CALCIUM PROPIONATE, POTASSIUM IODATE, POTASSIUM BISULFITE, SODIUM BISULFITE, SODIUM SULFITE, BHA, BHT, POTASSIUM SORBATE, MORE: [HTTP://PRESERVATIVEHEALTH.COM/PRESERVATIVE_HEALTH/LIST_OF_PRESERVATIVES.HTML](http://preservativehealth.com/preservative_health/list_of_preservatives.html)

FOUND IN: PROCESSED PACKAGED FOOD, FAST FOOD, CONDIMENTS, LUNCH MEAT, SAUSAGES, HOT DOGS, PICKLES, CEREAL, BREAD, BEER, WINE,

• VEGETABLE OIL

PARTIALLY HYDROGENATED; REFINED HIGH POLYUNSATURATED VEGETABLE/SEED OILS (CANOLA, ETC.); INTERESTERIFIED FATS; BUTTERY SPREADS AND SPRAYS; MARGARINE; VEGETABLE SHORTENING; DEEP- FRIED FOODS.

FOUND IN: DRINKS, PROCESSED FOOD, FAST FOOD, CANDY, CONDIMENTS, CEREAL, ENERGY BARS, GRANOLA BARS, VITAMINS, SUPPLEMENTS, BAKED GOODS, SYRUPS, JAMS, DESSERTS, COFFEE CREAMER, PASTA SAUCE, SALAD DRESSING, ANYTHING FROM THE DEEP FRYER, FROZEN FOODS, CHIPS, NUTS,



Add More Of The Good Stuff

IF IT'S MADE IN A PLANT YOU SHOULD PROBABLY AVOID IT. IF IT GROWS ON A PLANT OR EATS PLANTS IT'S PROBABLY OK.

- **VEGETABLES -**
 - 9+ CUPS A DAY (CORN & POTATOES DON'T COUNT)
 - 3 CUPS OF GREENS
 - 3 CUPS OF COLOR ON THE INSIDE
 - 3 CUPS OF SULFUR (ONION FAMILY, CABBAGE FAMILY, & MUSHROOM FAMILY)
- **PROTEIN & EGGS**
 - BEST: PASTURE RAISED / GRASS FED
 - BETTER: ORGANIC
 - CONVENTIONAL: BUY LEANER CUTS AND ADD HEALTHY FATS
- **NUTS & SEEDS**
 - BEWARE OF ADDED VEGETABLE OIL & ADDITIVES - LOOK FOR RAW NUTS
- **FISH**
 - BEST: WILD CAUGHT & SUSTAINABLY SOURCED
 - AVOID: FARMED FISH & FISH FROM ASIA
 - AVOID: LARGER FISH DUE TO CONTAMINANT CONCERNS
- **HEALTHY FATS**
 - MONOUNSATURATED - AVOCADO OIL & OLIVE OIL
 - SATURATED FATS - LARD, TALLOW, BUTTER, GHEE, DUCK FAT, COCONUT OIL
 - AVOID: POLYUNSATURATED FATS - CORN, SOY, CANOLA, COTTONSEED, SUNFLOWER, & SAFFLOWER
- **FRUIT**
 - BERRIES ARE PREFERRED BECAUSE THEY HAVE A HIGH ANTIOXIDANT/SUGAR RATIO
 - LIMIT FRUIT ESPECIALLY IF YOU HAVE WEIGHT LOSS GOALS
 - AVOID DRINKING FRUIT JUICES

