

AVOID THESE PROCESSED FOODS

FOOD	WHY HARMFUL	WHAT'S OK ONCE IN A WHILE?
Breakfast Cereal	most are highly processed full of sugar and chemical preservatives.	Any with fewer than 5 ingredients, no chemical ingredients and fewer than 3 grams of sugar
Store bought muffins, cake and other baked goods	Highly processed, loaded with sugar, hydrogenated, artery clogging oils and artificial ingredients.	Look for items with no artificial color, sweetener, hydrogenated oil. Practically impossible!
Bagels, bread and anything made with white flour	Empty calories-void of nutrients and fiber. Quickly raise blood sugar and insulin. Can lead to type II diabetes.	100 % whole rye or whole wheat
Soda	Highly processed, loaded with sugar and/or artificial sweeteners. No nutritional value	Zevia zero calorie soda sweetened with Stevia
Lunch Meat	Most have a proven carcinogen called sodium nitrate or nitrite.	Nitrate-free meats. Read labels carefully. Ask deli manager for nutrition information of products.
Flavored Yogurt	Highly processed, lots of added sugar and artificial color and ingredients.	Fruit flavored yogurt with no HFCS or artificial sweeteners or colors. Choose those lowest in sugar. Even better add fruit to plain yogurt.
Chicken Nuggets	Hydrogenated oils, lots of chemical ingredients and preservatives,	Eat plain chicken breast meat instead.
White Rice	Empty calories.No nutritional value, very high on the glycemic scale.	Choose brown or wild rice.
Potato Chips	Calorie dense, nutrient poor, no fiber, high in salt which can lead to high blood pressure. Made with harmful oils which leads to high cholesterol.	Home made pop corn with sea salt, make your own sweet potato chips.
Frozen Dinners and pizza	Often have chemical preservatives, too much salt, and MSG which has been linked to many diseases.	Look for products with natural ingredients. Check salt and sugar content.
Bottled Salad Dressing	Long list of artificial ingredients and sugar.	Make your own with balsamic vinegar, olive oil, dijon mustard and garlic (or garlic powder).
Granola and Energy Bars	Usually very high in sugar.	Find most natural products low in sugar like Larabar Roasted Nut Roll
Jarred Pasta Sauces	Added sugar, chemical preservatives.	Make your own with tomatoes, garlic, salt, pepper and basil. Freeze left overs.