



### General Shopping Guidelines

- 1) Shop on the outside perimeter of the store. More natural foods and fewer bad additives are located here.
- 2) Shop at a time that is convenient and you are not hungry. Impulse shopping or shopping hungry results in poor choices.
- 3) Labels are important! They should be simple and understandable. If you don't know what it is, don't buy it. The fewer/simpler the ingredients, the better. Be less worried about calories, carbs, and fat while more focused on the actual ingredients.
- 4) Beware of Sugar-free, Low-carb and low fat. Many times, this means they add other fillers and additives that you want to avoid.
- 5) "Organic" doesn't always mean healthy.
- 6) Avoid sugars (ingredients ending in -ose), stimulators (MSG, hydrolyzed or autolyzed ingredients), artificial sweeteners, and hydrogenated or partially hydrogenated oils.

### Additives to Avoid

- 1) Artificial Sweeteners: Aspartame (NutraSweet and Equal) Sucralose (Splenda) and Neotame. Studies show links to tumor growth, migraines, impaired brain development/damage, nervous system disruption, MS-type symptoms, tremors, seizures and weight gain to name a few.
- 2) Artificial Food Coloring: Studies show linkage to nerve damage, hyperactivity, learning disabilities, poor mental focus and carcinogenic effects.
- 3) Artificial Flavors: Cheap additives designed to mimic the taste of natural ingredients.
- 4) BHA/BHT: These chemicals are largely found in processed foods containing fat. They prevent the food from going rancid and help maintain the smell, color and flavor. They have been shown to cause liver and kidney damage, infertility, suppressed the immune system, cancer, endocrine disruptor, etc.
- 5) Canola Oil: Man-made, genetically modified oil made from rapeseed oil. Processed at very high temps and contains trans fats. Inhibits enzymes, suppresses immune system, linked to kidney, heart, thyroid and adrenal problems.
- 6) Caramel Coloring: Produced with ammonia and shown to cause cancer in laboratory studies.
- 7) Corn Syrup and High Fructose Corn Syrup: Associated with blood sugar issues, depression, fatigue, hyperactivity, tooth decay, weight gain. HFCS can put up to 70x the stress on the liver as glucose can.
- 8) MSG/Free Glutamates: Found in very broad array of foods and is a known brain toxin.
- 9) Fructose/Dextrose/Sucrose: Sugars.
- 10) GMO Foods: Foods that have been altered by means of genetic engineering.
- 11) Hydrogenated Vegetable Oils: Includes the following: soy, safflower, corn, vegetable, and canola. Associated with heart disease, cancer and elevated cholesterol.
- 12) Maltodextrin: Sugar, may contain free glutamates and can cause GI discomfort.

- 13) Propylene Glycol: AKA "antifreeze". Studies show it's a skin and eye irritant, nervous system disorders and kidney failure.
- 14) Sorbitol: DO NOT GIVE TO CHILDREN. Can cause GI distress and bloating, diarrhea, pain.
- 15) Soy and Soy Ingredients: Typically genetically modified. Contains enzyme inhibitors, contains toxins and mimics estrogen. Depresses thyroid function and immune system, inhibits mineral absorption. Fermented soy products are OK.
- 16) TBHQ: AKA "butane". Found in many fast foods, mainly chicken nuggets. Highly toxic to the human body.

**Sources:**

-Food Additives A Shopper's Guide to What's Safe and What's Not, Christine Hoza Farlow, D.C.

-<http://www.cspinet.org/repors/chemcuisine.htm>