



9 INGREDIENTS TO AVOID IN PROCESSED FOODS

VIA WWW.RAWFORBEAUTY.COM

	WHAT IT IS	WHY IT'S BAD
ARTIFICIAL COLORS	Chemical compounds made from coal-tar derivatives to enhance color	Allergic reactions, fatigue, asthma, rashes, hyperactivity & headaches
ARTIFICIAL FLAVORING	Cheaper chemical mixtures that mimic natural flavors	Allergic reactions, dermatitis, hyperactivity, asthma, can affect enzymes, RNA & thyroid
ARTIFICIAL SWEETENER	Highly-processed, chemically-derived 0-calorie sweeteners to reduce calories	Decrease metabolism, some link to cancer, dizziness, hallucinations & headaches
BROMINATED VEGETABLE OIL	Chemical that boosts flavor in many citric-based drinks	Increases triglycerides & cholesterol, can damage liver, testicles, thyroid, heart & kidneys
BENZONATE PRESERVATIVES	Compounds that preserve fats and prevent them from becoming rancid	May result in hyperactivity, angioedema, asthma, rhinitis, dermatitis, tumors & urticaria
HIGH FRUCTOSE CORN SYRUP	Cheap alternative to cane & beet sugar	Increases risk for weight gain, Type-2 diabetes, coronary heart disease, stroke & cancer
MSG	Flavor enhancer	May stimulate appetite, headaches, nausea, weakness, wheezing & change in heart rate
OLESTRA	Indigestible fat substitute	Inhibits absorption of some nutrients, linked to gastrointestinal disease and discomfort
SHORTENING/ (PARTIALLY) HYDROGENATED OILS	Industrially created fats used in more than 40,000 food products in the U.S.	Contain high levels of trans-fats that raise bad- and lower good-cholesterol contributing to risk of heart disease