Reading Food Labels

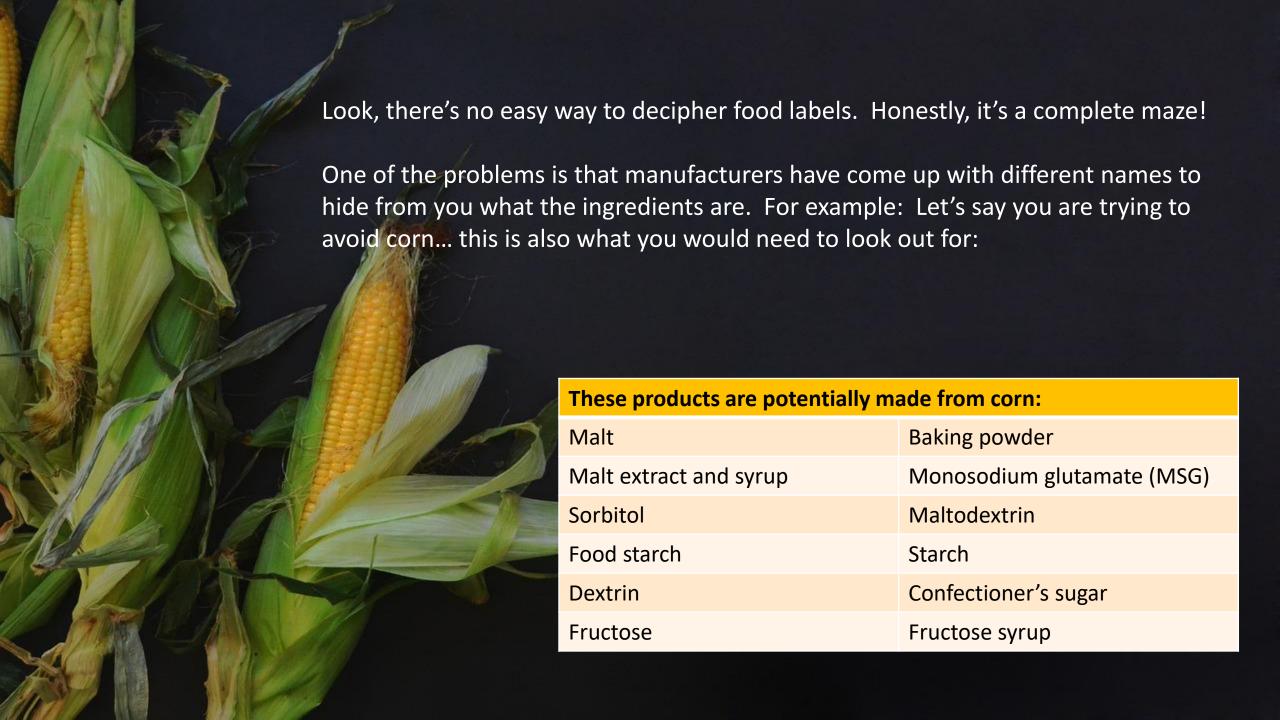
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One of the best ways of avoiding multiple ingredients you are better off without, is to avoid buying or eating any packaged or processed foods.

Listen, you were born to eat real food... whole foods like fresh produce, organic meat and eggs and other real food as nature has provided for you.

Some of the most nightmarish ingredients include:

- Monosodium glutamate (MSG) often masked by other names:
 - autolyzed yeast
 - hydrolyzed protein
 - hydrolyzed vegetable protein
 - sodium caseinate
 - yeast nutrient or yeast extract

at home.

- Torulo yeast
- natural flavoring
- glutamic acid



These products
often
contain MSG:

- Soy sauce
- Seasonings
- Powdered milk
- Stock
- Malt
- Maltodextrin
- Pectin
- ... and anything protein



More nightmarish ingredients include:

- Trans fats (heated to the extreme high temperature of between 500 – 1000 degrees Celsius! If you see any of these on the product label... walk on by... do not buy it! Including:
 - Hydrogenated oil
 - Partially hydrogenated oil
 - Fractionated oil
- Artificial Sweeteners
- Butylated hydroxy anisole (BHA) & Butylated
 Hydroxytoluene (BHT)... often found in:
 - Cereals
 - Potato chips
 - Chewing gum
 - Cereal snack mixes
 - Cosmetics
 - Personal care items

Look at all the different sugars!!!

INGREDIENTS

WHOLE GRAIN OAT, WHOLE GRAIN WHEAT, SUGAR AND/OR GOLDEN SUGAR, OAT AND HONEY CLUSTERS (ROLLED OATS, SUGAR, BROWN SUGAR, CORN SYRUP, OAT FLOUR, RICE FLOUR, HONEY, SALT, CALCIUM CARBONATE, 'INNAMON, BAKING SODA, ARTIFICIAL AVOUR, MONOGLYCERIDES, BHT), ROLLED 'S, CORN SYRUP, GOLDEN SYRUP, SALT, **NT STARCH, GUM ACACIA, ANNATTO,** YEROLS, NATURAL AND ARTIFICIAL HIGH MONOUNSATURATED CANOLA PICE BRAN OIL, BHT, NATURAL 'IR, STEVIA LEAF EXTRACT,









Now see how well you can guess which ingredients list belongs to which food...

