



## ADDITIVES TO AVOID

Reading labels is a top tip for better health.

Drinking a good amount of filtered water throughout your day is just as important.

The following additives and chemicals have shown side effects which range from nausea and headaches to more serious conditions like cancer, Alzheimer's, and other chronic illness. Be sure to read ingredient labels carefully, and consume more whole foods!

Here is a list of additives to Avoid:

- **ARTIFICIAL COLORS**
- **ARTIFICIAL SWEETENERS**
- **BUTYLATED HYDROXYANISOLE (BHA) & BUTYLATED HYDROXYTOLUENE (BHT)**
- **CARRAGEENAN**
- **CORNSTARCH**
- **GENETICALLY MODIFIED ORGANISMS (GMOS)**
- **HIGH FRUCTOSE CORN SYRUP (HFCS)**
- **MONOSODIUM GLUTAMATE (MSG)**
- **REFINED SUGAR (Brown Sugar, Confectioner's Sugar, Powdered Sugar, Corn Syrup, Dextrose, Glucose, HFCS (so bad it's listed twice), Invert Sugar, Lactose, or Milk Sugar, Levulose, Fructose, Raw Sugar, Sorbitol, Mannitol, Malitol, Xylitol, Sucrose (table Sugar), Turbinado Sugar)**
- **SOY LECITHIN**
- **SODIUM NITRATE AND NITRITE**
- **SULFITES (Sulfur Dioxide, Sodium Sulfite, Sodium Bisulfite, Sodium Metabisulfite, Potassium Bisulfite, Potassium Metabisulfite)**
- **TRANS FATS (ANYTHING PARTIALLY HYDROGENATED)**

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