

THE HARMFUL 7 CHEAT SHEET

HARMFUL 7	THE RISK	SHOWN ON THE LABEL	OFTEN FOUND IN
Trans Fats & Hydrogenated Oils	- Heart Disease	Partially Hydrogenated Oils, Shortening	Baked goods, fried foods, potato or tortilla chips, refrigerated dough, margarine, non-dairy creamer
High-Fructose Corn Syrup	- Weight Gain - Obesity - Type 2 Diabetes - Metabolic Syndrome	High-Fructose Corn Syrup	Soda, bread, pizza, jelly, canned fruit, yogurt, cereal, baked goods, condiments, snack bars
Hormones & Antibiotics	- Hormones: Overexposure - Antibiotics: Antibiotic resistant bacteria	Hormones: Hormone Free/ No Added Hormones , rBST, rbGH Antibiotics: Certified Responsible Antibiotic Use (CRAU), No Antibiotics/ Raised Without Antibiotics	Hormones: Beef, Milk, Dairy Antibiotics: Poultry, Pork, Beef, Eggs
Processed & Artificial Sweeteners	Processed Sweeteners: - Overweight - Obesity - High Blood Pressure - High Triglycerides - Heart Disease - Diabetes Artificial Sweeteners: - Possible cancer risk	Processed Sweeteners: Corn Sweetener/Corn Syrup/Corn Syrup Solids, Dextrose, Fructose, Fruit Juice Concentrate, Glucose, Invert Sugar, Molasses, Maltodextrin, Maltose, Refiner's Syrup Artificial Sweeteners: Saccharin, Aspartame, Acesulfame K, Sucralose, Neotame, Advantame	Processed Sweeteners: Soda, energy drinks, sports drinks, fruit juice, candy, baked goods, condiments, salad dressing Artificial Sweeteners: Low or no calorie foods such as diet sodas, yogurt, baked goods, regular sodas, powdered drink mixes, candy, pudding, canned food, jam & jelly, dairy products
Artificial Colors & Flavors	Artificial Colors: - Hypersensitivity - Hyperactivity - Behavior problems Artificial Flavors: - May cause headaches - Nausea	Artificial Colors: Blue 1, Blue 2, Green 3, Red 3, Red 40, Yellow 5, Yellow 6, & Citrus Red 2, Caramel Color CL III & IV Artificial Flavors: Artificial Flavor, Monosodium Glutamate (MSG)	Artificial Colors: Candy, margarine, cheese, soft drinks, breakfast cereals, frozen desserts Artificial Flavors: Pudding, pie fillings, cake mixes, soft drinks, salad dressing, barbeque sauce
Artificial Preservatives	- Possible cancer risk	Benzoates, Sodium Nitrite & Nitrates, Propyl Gallate, Butylated Hydroxyanisole (BHA), Butylated Hydroxytoluene (BHT), Tertbutylhydroquinone (TBHQ)	Fruit jellies, beverages, baked goods, cured meats, oils, cereals, salad dressings
Bleached Flour	- Banned in some countries - Avoid due to unknown health effects	Bleached Flour, Flour Conditioners, Azodicarbonamide & Bromated Flour, Benzoyl, Calcium Peroxide	Baked goods, pizza crust, pastries, breads, crackers, cookies, muffins