

How to Become a Label Detective

Processed foods are addictive and tempting. They cause you to look and feel processed. When you become a label detective, you'll be able to easily spot the processed, toxic ingredients that are wreaking havoc on your body.

And yes, I did say that you should avoid the packaged items in the center aisles of the supermarket. Though there are occasions when it's necessary and helpful. For instance, I was looking for broth to make soup and didn't have time to make homemade, so I ventured into those center aisles. In these cases, you need to be very inquisitive about the ingredients in your products and learn how to properly read labels.

It just takes a bit of practice. Keep this list with you when you do your shopping so that you can be a prepared and informed consumer!

- Be inquisitive about ingredients. A long list of ingredients as may have more additives and preservatives. Remember a simple rule for checking the ingredient list: shorter is better.
- Look for natural ingredients that you can easily recognize. My mantra is, "If I have to Google the ingredients or I cannot pronounce them, they are likely not good for me."
- Avoid gluten. Eating gluten-containing food items can result in multiple health issues. Some common food items gluten can be found in are noodles, pasta, crackers, pastries, breads, cereals, and soy sauce.



Month 1
Week 2

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- Steer clear of chemical nitrates. These can be detrimental to your health and may increase the risk of cancer. Nitrates are often added to salami, sausage, bacon, and other sandwich meats to enhance their shelf life. Opt for clean brands like Applegate Naturals.
- Stay away from MSG, chemical non-nutritive sweeteners, and artificial colors / flavorings. These have links to health issues like cancer, blood sugar swings, and mental health disturbances. Instead choose products that have no artificial ingredients that may instead use sea salt, honey / coconut sugar / monk fruit, and herbs and spices for flavor.
- Don't buy products with "natural flavoring" on the label. Natural flavorings can still be chock full of artificial sweeteners, trans fats, genetically modified ingredients, and any other number of nutritional no-noes. Stick with products that clearly state what flavors and ingredients are inside. You deserve every company's transparency as to what is actually in what they are selling you.

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.