

# The Dangerous 7

Avoid These Dangerous Ingredients When Shopping!

## 1. High Fructose Corn Syrup

Possible Side Effects: Obesity, Insulin Resistance, Increased Belly Fat, Heart Disease

## 2. Trans Fats

Possible Side Effects: Heart Disease, Cancer, Diabetes

## 3. Artificial Flavors

A “blanket term” referring to over 100 possible chemical additives. Possible side effects: Allergic & behavioral reactions

## 4. Monosodium Glutamate (MSG)

Possible Side Effects: Chest Pain, Heart Palpitations, Headaches. Stimulates taste buds causing us to eat more.

## 5. Artificial Colors

Possible Side Effects: Allergies, Hyperactivity In Children (ADHD), Sinus Congestion

## 6. Artificial Sweeteners

Aspartame (Equal, Nutrasweet): Primarily affects the nervous system. Possible side effects: Headaches, Dizziness, Memory Loss, Convulsions

Sucralose (Splenda): Decreases good bacteria in the gut

Acesulfame Potassium: Research indicates it may cause cancer

Saccharin (Sweet N Low): Proven to cause cancer in animals. Suspected human carcinogen.

## 7. Preservatives

TBHQ: Tinnitus, Nausea, Vomiting

Polysorbates (60, 65, & 80): Infertility, Immunosuppressant, Anaphylaxis

BHT/BHA: Liver and kidney problems. BHA is a possible carcinogen

Sodium Benzoate: Allergic reactions, Carcinogen

Sulfites: Allergic reactions - especially for asthmatics



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