

AVOID THESE INGREDIENTS

Remember when reading labels: pesticides will not be found on any label. Only those additives used when making the final product are typically listed. Many of the toxins in the list have only been studied and deemed "safe" for short term consumption. Take care what you put into your bodies. While some of these may be in a few foods in miniscule amounts, these toxins, used in multiple sources over time, can build up in your body.

- Aluminum – also Sodium Aluminum Phosphate
- Artificial Flavor
- Aspartame (AminoSweet, Nutrasweet, Equal)
- BHT/BHA
(butylated hydroxyanisole/hydroxytoluene)
- Caramel Color
- Corn Syrup
- EDTA/Calcium Disodium EDTA
- Glycerides (mono- and di-)
- Guar Gum (caution only in pregnancy)
- Gum Arabic (highly allergenic)
- Hydrolyzed Vegetable Protein (HVP)
- Lecithin (highly allergenic)
- Modified Food Starch
(linked to MSG formation and digestive problems)
- Monosodium Glutamate (MSG)
- Nitrates
- Nitrites
- Parabens
- Polysorbate 60
- Propylene Glycol
- Saccharin
- Silicates (silicon dioxide- safety unknown)
- Sodium Benzoate (safer but still strains liver and can be allergenic)
- Sorbitol (body does not metabolize - assumed "safe")
- Soy Protein Isolate (TVP - safety unknown)
- Sucralose
- Sulfites
- TBHQ (tertiary butylhydroquinone)
- Yeast

A note of encouragement. Watch what you eat at home but when you're visiting others or traveling, don't worry. God will take care of you. Do your best and be blessed as well as a blessing to those serving you!

THE CLEAN FIFTEEN

Asparagus	Kiwi
Avocados	Mangoes
Cabbage	Onions
Cantaloupe	Papayas
Cauliflower	Pineapples
Eggplant	Sweet Corn
Grapefruit	Sweet Peas (frozen)

THE DIRTY DOZEN

Apples	Potatoes
Celery	Snap Peas
Cherry Tomatoes	Spinach
Cucumber	Strawberries
Grapes	Sweet Bell Peppers
Nectarines	(+Hot peppers
Peaches	& Kale/Collard greens)