# THE TRUTH BEHIND FOOD LABELS

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CHANGING HABITS

# The truth behind food labels

Has the world gone mad? I find it amazing that when people look at the ingredients and nutrition label of a packaged food they are more engrossed in the nutrition label than the actual food content. When I ask people what they look for when they read the label of the food they are buying they tell me they look for the saturated fat content, or the amount of salt, or whether there is enough protein, or what the fat and sugar content is, and even the vitamins and minerals, as is the case with milk and calcium. Very few are interested in the actual ingredients. Modern thinking finds that a food is OK as long as the nutrition label and the components of food are in the right amounts as deemed by the scientific community and taught to the public by propaganda and advertising.

In other words, if you're on a protein diet, you look for high protein foods; and if you're on a low fat diet you look for low fat foods. If osteoporosis is a concern, then foods high in calcium, like milk, is what people consider. If you are a diabetic you make sure there is no sugar in the food and if you have hypertension then salt content is important. Or, if you've been told by your doctor that you should lower your cholesterol and not eat foods high in cholesterol, then you look for the cholesterol content.

To create a nutrition label is really easy. You go to nutritiondata.com and plug in the ingredients of your food (for instance any recipe you are making), and a nutrition label is produced. It doesn't ask if the food is organic or what type of soil it was grown in or how rich in minerals the soil is, or if you boiled the food to death or if you used sea salt, or raw milk as opposed to modified milk, but merely generalises. So don't ever for a minute think that a nutrition label is accurate; it is usually very general.

But that is not the biggest problem. The problem is that we look at the nutritional facts and we forget to look at the ingredients.

I will consistently tell you to read all food labels. But reading food labels is a bit like looking into a crystal ball. It's all guesswork, unless you know what you're looking for.

This report is all about improving your knowledge of the processed foods you are eating and perhaps persuade you to start eating food not from a package. This information should allow you to make informed choices about the foods you buy and eat.

Let's start at the beginning, where farmers grow the basic ingredients; fruits, vegetables and grains. These crops are often grown under less than favourable conditions with artificial fertiliser's and chemical pesticides. Then, after picking some of the foods are preserved using chemical powders and sprays.

But wait a minute! None of that appears on the packaging! That's because they don't have to tell you what happens to your food before it gets to the manufacturer or cannery. And if that gets your blood boiling that's just the tip of the iceberg!

Australian and New Zealand law says that all packaged and tinned foods must have the ingredients listed on the packaging. Those ingredients must be listed in descending order of weight. Here's an example for you; 'Sugar, glucose syrup, plums, vegetable gum (415), food acid (330), colour (128)'. Can you guess what food that makes up? Believe it or not, it's plum jam. According to my grandma's recipe, jam was supposed to be made from equal parts of fruit and sugar and some pectin. But in the above jam, there's more sugar than there is fruit plus other things that perhaps you would be better off not eating.

## The Most Important Part to Read

I find when people look at food labels they don't seem to look at the ingredients but rather at the percentage of salt, fibre, fat, carbohydrates and proteins within the pack. This is referred to as the nutritional part of the label. This portion of the label in my opinion is the last thing to look at and in actual fact I don't even bother looking at it too much anymore. The most important thing to read is the ingredients. You want to make sure that the food you are eating is from nature and not from technology or a chemical laboratory. Remember the issue here is the quality of the food not the quantity and percentage of the macronutrients (carbohydrates, protein and fat). Once you have established that the quality of the food in the package or tin is natural then you can have a look at the percentage of fats, carbohydrates and protein if you really want to. For example you may have a very low fat food but the ingredients may all be of very low quality. Whereas another food label may have a higher fat content but the quality of the food is far superior. See the two labels below.

This is a packaged food found on many grocery shelves. If you look at the ingredients it is something that you would make at home. There are no artificial additives or foods you don't know. But when you go to the percentage of fat, carbohydrates and protein you may think it is not a good food because it contains 11.6 grams of fat per serving including 2g of saturated fat. And if you live by the old rules where fat, especially saturated fat is a no, no, then you may put this down and look for something with less fat.

# Nutrition Facts

Serving Size: 1/2 Pack (5 oz/142.5g)

Servings Per Pack: 2

| | Quantity Per Serve | Quantity Per 11g |
|---|---|---|
| Energy | 138Kcal | 96.6Kcal |
| Protein | 4.3g | 3g |
| Total fat | 9.6g | 6.7g |
| Saturated Fat | 2g | 1.4g |
| Carbohydrates | | |
| Total | 8.6g | 6g |
| Sugars | 2.1g | 1.5g |
| Dietary Fiber | 4g | 2.8g |
| Cholesterol | 2.6mg | 1.8mg |
| Sodium | 416.5mg | 291.6mg |

INGREDIENTS: GREEN PEAS (31%). SPINACH (3.6%) TOMATOES, ONIONS, FENUGREEK, CASHEWNUTS, CREAM, WATERMELON SEEDS, SUNFLOWER OIL, SALT, GARLIC, GINGER, HERBS & SPICES, WATER

Let's compare it to another shelf item with far less fat

# PEARS IN LIME FLAVOURED JELLY

INGREDIENTS: JELLY (WATER, SUGAR, FOOD ACIDS (327, 330, 331, VEGETABLE GUMS (410, 415, 418), COLORS (VEGETABLE YELLOW, 133), LIME FLAVOUR, ANTIOXIDANT (ASCORBIC ACID) (72%), PEAR (28%)

# NUTRITION INFORMATION

| SERVES PER PACK: 4 | SERVING SIZE: | 120G |
|---|---|---|
| **AVERAGE QUANTITY** | **PER SERVE** | **PER 100G** |
| ENERGY | 372KJ | 310KJ |
| PROTEIN | 0.2g | 0.2g |

| | | |
|---|---|---|
| FAT-TOTAL | 0.1g | 0.1g |
| -SATURATED | NIL | NIL |
| CARBOHYDRATE | 22.8g | 19.0g |
| -SUGARS | 21.6g | 18.0g |
| DIETARY FIBRE | 1.1g | 0.9g |
| SODIUM | 60mg | 50mg |

This food has only 0.1 gram of fat with no saturated fat, but its ingredients are totally artificial. So if you only look at the percentages of the macronutrients and you are failing to look at the ingredients then you a missing the true picture.

Following is an another food label that I use in my talks to shock people into understanding the ludicrousness of worrying about the nutritional information rather then looking at the actual ingredients.

Ingredients: Protein blend (calcium caseinate, whey protein isolate, soy protein isolate, hydrolysed collagen protein), white chocolate coating (sugar, vegetable fat, skin milk powder, emulsifiers (322,492), flavour), Sorbitol, Glycerol, cocoa powder, soy crisp (soy concentrate, malted wheat, flavour), oil, Soy lecithin, flavour, artificial sweetener, (950), colour (155, 122) **WARNING: This product could contain traces of nuts. MADE IN AUSTRALIA** from local and imported ingredients. Store at or below 25 C

**This High Protein Bar** is a Formulated Supplementary Sports Food meaning a food or mixture of foods specifically formulated to assist sports people in achieving specific nutritional or performance goals. This a high protein food bar and is not an "energy" or "snack" bar. It has been formulated as low carbohydrate and truly tastes great! Energise your lifestyle while satisfying your taste buds.

**Formulated Supplementary Sports Food. Warning:** Not suitable for children under 15 years or pregnant women. Should only be used under medical or dietetic supervision. Not to be used as sole source of nutrition. For best results consume in conjunction with appropriate exercise program and healthy diet.

**Nutritional Facts**

**Formulated Supplementary Sports Food**

Serving size: 65g

Recommended consumption in one day: 65g

Servings per pack: 1

| | Average Qty Per Serve (65g) | Average Qty Per 100 g |
|---|---|---|
| Energy kJ | 949 | 14960 |
| Providing Calories | 227 | 349 |
| Protein (g) | 24.3 | 37.3 |
| Fat, Total (g) | 5.6 | 8.6 |
| - Saturated (g) | 4.9 | 7.5 |
| Carbohydrate, Total (g) | 4.5 | 6.9 |
| - Sugars (g) | 4.5 | 6.9 |
| Sorbitol (g) | 8.0 | 12.3 |
| Glycerol (g) | 8.0 | 12.3 |
| Sodium (mg) | 148 | 227 |
| Fibre (g) | 0 | 0 |

This label shows that this particular food is a high protein food, therefore people wanting to increase their protein intake or who are on the high protein diet would probably look at this label and think that it is was the bees knees of foods for them. Well after all there is 24.3 gms of protein for a 65 gm serving. That is around 40%. But when you read the ingredients and ask yourself; "Can I make it in my kitchen" the answer would probably be a resounding "no". That's because this food is straight out of a chemical laboratory and a food that your body

has never evolved to eat and as a result is not a healthy choice.

What makes me laugh is that one of the warnings on this packaging is that it may contain nuts, the only real food that could possibly be in the whole package. It also warns that people under the age of 15 and pregnant women should not consume this product. If it is not good for either of these two demographics then in my way of thinking it is not good for anyone and if the label also says it should be used under medical supervision, we know that something is not right. You will note also that one of the colours is 122 which has been banned in the UK due to its direct link with hyperactivity. Oh and if you're wondering what it is - it is a protein bar. But it could as easily be a protein shake or diet meal replacement, the ingredients are all similar just in different amounts.

When I am deciding on a food I never look at the percentage table or nutritional information, but concentrate on what the ingredients are that make up the food. If the ingredient label is based on natural foods as is the first label then the choice is easy.

## Health Endorsements

What really upsets me is that the Heart Foundation, Smart Choices, GI, government department etc. endorsements all concentrate on the nutritional label, they are only worried about the fat, salt, sugar and fibre and as a result many of the foods that have what we believe to be trusted endorsements are riddled with additives and have very little food and nutritional value. I was reading the ingredients at a tuck shop in a school in NSW recently and was appalled that the food had been sanctioned as a good food by a government department for healthy eating for school tuck shops. Here is a look at the ingredients; Chicken (44%), Flour (Wheat, Maize & Soy), water, hydrogenated vegetable oil, starch, yeast, soy protein concentrate, Flavour (Milk), Salt, 500, 450, 451, 341, Milk solids, Emulsifier 472e, thickeners (401, 412, 466, 415), egg white powder, gelling agents (508, 407), ground extracted spices, natural colour 100, Antioxidants(319, 306), vitamin (Thiamin).

How about this one, this has been endorsed by the Australian Heart Foundation. What are they thinking? Ingredients; Cereals (69%) whole wheat, rolled oats, triticale, sultanas (17%) sugar, dried apricot piece(3-5%), (dried apricot, fructose, maltodextrin, humectant [glycerol] thickener [1422], soy flour, vegetable oil [hydrogenated soyabean], vegetable gum [466], natural flavour, natural colour[apocarotene], food acid [citric acid], barley malt extract, salt, honey 90.1%, mineral (iron), vitamins (niacin, riboflavin, folate, thiamin) preservative (220)

So make sure you read your ingredients and don't look for any endorsements for guidance as they are only concerned about the nutritional label rather then what is actually in the food.

# Big Fat Lies

Just another little trick that you may need to know. Percentage of fat, carbohydrates and proteins per serving size is very different to grams of the macronutrients per serving size. Fat has 9 calories per gram, protein and carbohydrates are 4 calories per gram. So if you look at the following food label you'll see that everything is measured in grams rather then percentage of food values. To get a more accurate picture you would need to work out the percentages. An easy way to do this is to just double the fat value. So when a food says it is low in fat sometimes the manufacturers are not really telling the whole truth and in actual fact it may be double what you think. But remember the most important thing is the quality of the fat you are eating. See more reports and Changing Habits Changing Lives for more information on the low fat/cholesterol research debacle.

When you begin to look at a food package for its ingredients, not much else matters but I must add here another fat trick that the food manufacturers mislead us with. Since 2007 the public have been informed that trans fats, which are made as a result of the partial hydrogenation of a vegetable oil have been known to be a dangerous fat. Food manufacturers have a way of hiding the trans fat in Australia and New Zealand as they are not bound by law to add it onto the nutritional label. So what you will see is total fat being 10 grams, then saturated and monounsaturated fats may add up to 7gms. The other 3 gms will be trans fats. Very sneaky!

# All Those Numbers

Your next step on the journey to decipher food labels are those interesting numbers in brackets. Since January 1987, food companies have been required to identify the additives they use, rather then using vague terms like colouring or preservative. But unless you know how to decode those numbers, you still don't know what you're eating.

I recommend that you buy Additive Alert by Julie Eady or Chemical Maze by Bill Stratham available from www.changinghabits.com.au. These books give you plenty of detail on all the numbers, including their names, their function what foods the additives are used in, and any known harmful effects. Some of these additives are harmless substances which help to keep process food safe to eat, yet there are others which are inessential, and can be harmful to some people.

Basically the numbering system works like this; numbers between 100 -180 are colours; 200 to 290 are preservatives; 300 to 320 are antioxidants; 322 to 494 are emulsifiers; and numbers 905 to 907 are mineral hydrocarbons.

The use of colourings is a debatable issue when discussing food additives. Colourings are purely cosmetic and serve no particular purpose for the preservation and taste of foods. The Hyperactive Children's Support Group has recommended the avoidance of the following

numbers; 102, 103, 104, 107, 110, 120, 122, 123, 124, 127, 129, 131, 132, 133, 142, 150, 151, 155, 160b, 210, 211, 220, 250, 251, 282, 319, 320,321, 421, 620, 621, 627,

631, 635 and 951. Notice that the majority are colours and are usually found in children's treats.

Specifically 621 a flavour enhancer known as Monosodium Glutamate or MSG and often disguised as hydrolysed vegetable protein is an additive to avoid. Current research is implicating it as part of the problem behind the obesity epidemic, one reason is that it addicts people to the food it is in, you can't eat just one. It is not permitted in food for babies due to its affect on the central nervous system. Other adverse reactions to this additive are depression, mood changes, sleeplessness, nausea, migraine, abdominal discomfort and convulsions. Read your labels and try to avoid it as much as possible.

The following additives can be dangerous for asthmatics and people sensitive to aspirin. They should also be avoided by hyperactive children and adults, and should not be permitted in food for babies and young children. They are; 212, 213, 216, 218, 221, 222, 223, 224, 310, 311, 312, 620-625, 631, 635, 928 951, 1403, 1404. Possible carcinogenic (cancer forming) additives are; 110, 123, 131, 142, 210, 211, 213, 214, 215, 216, 217, 239, 249, 250, 251, 252, 330, 321, 407, 431-433, 435, 436, 466, 530, 553, 900, 914, 943a, 950-952, 954, 967 1201. These lists are by no means complete. I recommend you buy Julie's book and get a complete list of additives to avoid.

Most additives do serve a purpose in the processed food industry, but it is whether we choose to eat a diet full of processed food that decides how many of these additives we are exposed to. Choosing a diet of whole natural foods will ensure that your exposure to any dangerous additives is minimal and ensures you are not part of a huge experiment that exposes you to additives, preservatives, colours, flavourings and foods made in a chemical laboratory. I believe that these additives and foods were made with the best intentions but time is now showing us that they are not safe and that they should be avoided as much as possible. What alerts me to this whole problem is that it seems everyday I find more information about another additive causing some dis-ease or reaction.

There is another factor to be aware of when you read food labels. Let's say a food producer buys an ingredient such as glucose from another company. That glucose may contain additives, such as sulphur dioxide (220), but the purchasing food producer doesn't have to acknowledge that. All they have to mention on the label is glucose syrup. Current legislation allows for food manufacturers not to declare components of ingredients that make up less then 5% of a product, and as a result of this legislation there are many products on the market that contain additives that are not declared on the label. Become informed so that you know what you are eating.

And that's just the start. That magic word – added – has a hidden agenda. If you see the words 'no added sugar' it actually means that there is sugar added, just that the added amount is less than the legal limit needed to put sugar on the ingredients list. Using fruit juice as an example, the manufacturer can add sugar up to 4 per cent of the volume of the drink

without having to declare it on the label. Also beware of the word added in front of MSG, salt and other additives as it still means an amount they can legally put in without having to declare it. It can also mean that the food manufacturer has not added it, but it may be in some of the ingredients purchased to make the product.

Another word you'll see frequently on food packaging is 'natural'. You'd think a natural product would be in its whole state and free of any additives. Be careful here! Read the ingredients and you will see that not all the ingredients are natural or in their whole state. For instance, natural yoghurt will usually contain concentrated skim milk. This is not food in its natural state, but rather one that has been through some processing.

This has a further impact. It means that when you read the words 'no artificial flavourings', the product probably contains natural flavourings. But remember, they may come from a natural source but not be in their natural state after processing. Only if the label says 'no flavourings', can you feel confident that it contains none at all.

Organic is another issue, make sure when you see organic on the label that you also see a certifying symbol for their seal of approval, but more on that in the organic chapter.

It is a maze out there with food labelling. Some additives cause health problems whereas others are thought not to be dangerous. Many additives are said to be totally safe but it is important to remember that they may have been in the food chain for only a short time. They are not whole foods, but chemicals extracted by manipulating foods and substances. Even though I have given you numbers to avoid, you should be aware of all food additives. By educating yourself on the additive and number system you can then become an aware buyer. You can help prevent the use of dangerous additives by choosing goods without suspect substances and choosing carefully where you shop. The consumer can have an influence on the composition and production of foods.

## Nutritionism vs Culture and Tradition

From the beginning of time, we have chosen food by trial and error and then by culture and tradition. Culture and tradition tells us what foods are good for us and how to prepare them in order for them to sustain us. We now choose foods differently, we choose them because science, doctors, health endorsements, media and advertising tell us they are good for us - this is called nutritionism.

## Nutritionism

We are no longer interested in what the food is, but rather what it has in it. When most people look at a food label, they are more interested in the amount of macro-nutrients (carbohydrates, fats and proteins) than in the actual Ingredients. People select foods on micro- (vitamins and minerals) and macro-nutrient status, even if the food does not resemble

real food. Protein bars, breakfast cereals, margarine, modified milks, diet foods and muesli bars are prime examples. These foods look good in the nutrient department, but when you look at the actual ingredients you find there are a bunch of numbers, soy protein isolates, hydrogenated vegetable oils and other non-real food items.

This is not only the case with packaged foods but other foods as well. Tomatoes are now being eaten for their lycopenes rather than as food that tastes good and goes well with many other foods. Carrots are known for their b-carotene status. Avocados are avoided on a strict diet because of fat content, but few people know that when you put avocados in a salad it helps to increase the absorption of many of the minerals and vitamins in the salad.

Even wine is being drunk for the antioxidants, while meat is eaten for protein, milk for calcium, bread for carbohydrates and oils for fats. This ideology has been termed 'Nutritionism' and has taken over our way of thinking about the food we eat. To quote a well used phrase: "If it's something your great-grandmother wouldn't recognise as food, don't eat it."

If we look at food in a mechanistic way then food is made up of parts – carbohydrates, proteins, fats, vitamins and minerals – and if we can twist them to be what science deems to be right, then we can make the food better, so science thinks! This is Nutritionism.

## Culture and Tradition - Vitalism

I've always lived my life with a 'vitalistic' health point of view, which is, 'the power that made the body will heal the body' as long as there is no interference and the right resources are given (good food, exercise, rest, clean air and sunlight). Health, these days, is practiced from a mechanistic point of view, where the body is made up of the sum of all its parts and if a part goes wrong then 'get rid of it' (believing the body will be better off) or

'treat the part that has gone wrong' (rather than the whole person). It seems now that this view point can be stretched towards food. Real food from nature is vitalistic; it is healthy and there is a symbiotic relationship between all the parts of the food that make it perfect, as long as it has been given the right resources (water, nutrient soil and sunlight) and not been interfered with.

So, there's the low-down on reading food labels. Next time you go to the supermarket, start reading the labels. You might try one product at a time, or one aisle per shopping trip. It'll take time initially, but eventually you'll work through the shopping list and know which foods and brands are best for your family.

Once you have done this, don't think that you can then become complacent. Manufacturers are continually changing their ingredients, probably for cheaper and better profits or a better tasting food or drink. So periodically check the food you have become comfortable with to make sure the ingredients have not changed.

Now that you have decided that most foods in packaging is not all that great lets look at how you need to organise your panty to live by culture and tradition.

# Organising Your Pantry

Ingredients are the most important part of any recipe and now you are preparing healthy food at home, you need a constant supply of the right ingredients in your pantry. Just about anyone can knock up a meal, a cake or some biscuits, but whether the result is healthy depends on the quality of the ingredients. If you use good ingredients the dish will be healthy even if it's something sweet; but if you cook with substandard ingredients you will get unhealthy results no matter what the recipe is.

My first rule of thumb with cooking is to choose ingredients that are as close as possible to their natural sources. Eat real butter – not margarine, which is an artificial product that scientific studies have implicated in the increasing incidence of some modern diseases. Eat real sugar – not some artificial sweetener created in a laboratory.

My motto comes from my daughter Casie who, when she was seven, said:"Nature makes all the healthy stuff and everything else is junk."

Buy as many organic and bio-dynamic ingredients as you can, because they contain fewer chemicals and more nutrients. You might think this is a more expensive way to shop, but in the long run it works out to be relatively inexpensive as well as far better for your health. When you start eating wholefoods you won't need to buy prepared and pre-packaged foods any more, therefore you won't fall into the trap of Nutritionism, so you'll find your food bill declining; and your 'sickness bill' will plummet. Remember that when you eat nutrient-rich foods your body doesn't need as much and you won't be constantly hungry or craving foods.

Chemicals have been implicated in many modern diseases and it is not possible to avoid them all, but when you make a conscious effort you can reduce the amount of chemicals and technology foods you are exposed to and that's not only good for you but also for the environment.

Below is a list of foods that I use regularly and always keep in my pantry or fridge so that I am prepared for most meals. Fruit, vegetables and meat I buy regularly, and organic when available. Herbs should be fresh (preferably organic) and spices freshly ground if possible; otherwise use the best dried and pre-packaged ones you can find.

Most of the ingredients I use can be found in grocery shops and health food shops. If you are on a farm, in a remote area, or travelling, don't think that you can't get hold of these foods. It's just a matter of finding a health food shop or grocery shop willing to package up ingredients and send them to you. If your local supermarket or health food shop doesn't stock the things you're looking for, ask if they can get them in. They might not always agree, but they are far more likely to do so if you ask than if you don't.

- ✓ **Flours –** instead of buying white flour, discover organic white unbleached flour; nothing will be pure white again but the health benefits are far better. There are other flours that are worth experimenting with: besan (made from chickpeas), rice, arrowroot, potato, barley, rye, millet, oat, quinoa, and amaranth. The list is long and the nutrition is abounding when you use a variety of flours.

- ✓ **Sweeteners –** Rapadura sugar (also known as Sucanat and Muscovado); this is a sugar which is made by juicing the sugar cane and dehydrating it. It is one of the best sugars available and can be found on my website www.changinghabits.com.au. Honey and natural maple syrup are all great sweeteners.

- ✓ **Salt –** Seaweed salt; this is a wonderful mix of Himalayan Salt and Dulse (seaweed). The salt have many vital minerals and has not been processed while the dulse holds the iodine and iron. The two combined are like taking a multi mineral but in natural form. This can be obtained from my website www.changinghabits.com.au

- ✓ **Vinegar –** apple cider vinegar, wine vinegar or rice vinegar; these three vinegars do not contain wheat and are a healthy alternative to white vinegar.

- ✓ **Jam –** The traditional way of making jam has been widely replaced by methods that use artificial flavourings, additives and sweeteners, with only a small amount of real fruit. You can make your own jam, of course, but luckily commercial makers of traditional jams can still be found in most towns. I buy my jam from markets and stalls, and always check that it is made from just fruit, sugar and pectin.

- ✓ **Milk –** is it good for you or not? I believe the milk that is least tampered with is the most healthy. If you can buy pasteurised-only milk or, better still, milk straight from the cow, then this is the best. If you're worried about the fat (which you shouldn't be) just dilute it with some filtered water. Avoid the modified and low-fat milks.

- ✓ **Milk substitutes –** rice milk, grain milk, nut milk and a good organic soya milk like bonsoy. It is important to read the labels and find ones that are made with only natural ingredients; avoid the ones with additives and those made with canola oil.

- ✓ **Cream –** don't buy cream that has sucrose and gelatine added; make sure it is pure.

- ✓ **Yoghurt –** read the labels and only buy yoghurt that is made with milk and culture. Watch out for excess additives – you don't need them.

- ✓ **Cheese –** I usually buy my cheese at the delicatessen and make sure it has been fermented and made the old-fashioned way, without additives and hydrogenated oils.

- ✓ **Butter –** Choose butter, not margarine. Margarine is an artificial product made from hydrogenated fat, one of the most dangerous of all consumable fats and worse than saturated fat. If you are put off by the fact that butter can be hard to spread, you can make your own easy-spread butter by combining butter with olive oil.

- ✓ **Bread –** Most bread available today should be used to insulate the house rather than eaten to sustain life. When choosing your bread try and find a traditional baker who does not use premixes but creates bread with organic flour, sea salt, compressed yeast, organic raw sugar, and the like. Or make your own.

- ✓ **Oils –** it is important to buy only cold pressed oils. I use a variety, olive, macadamia, walnut, almond, avocado, chia and inca inchi, all of these have wonderful nutrition with a balance of omega 3, 6 and 9. Stay away from generic vegetable oils and canola oils – they are not what they seem.

Live a vitalistic non-nutritionism life. A life where you know that the power that made the body can heal the body and that power made real nature-based foods that are perfect for your body rather then worrying about the macro and micro nutrients.

Now that you have finished reading this report I suggest you go straight to your pantry and see what additives lurk amongst your food and choose to get rid of them for not only your own health but that of your family and friends who visit.

Happy Changing Habits

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