

THE TRUTH ABOUT PROCESSED FOODS

Modern diets consist of over-processed foods and lifeless foods which produce little enzyme activity and contain little or no fibrous material. We are eating devitalized foods that are not fresh, with fewer nutrients. Processed foods have been altered from their natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing. Many processed foods are made with trans fats, saturated fats and large amounts of sodium and sugar. These types of foods should be avoided, or at least eaten sparingly.

Healthy Unhealthy

Milk would be considered a processed food because it is pasteurized to kill bacteria and homogenized to keep fats from separating. While some people prefer to drink raw milk, most of us should consume the "processed" version we find in



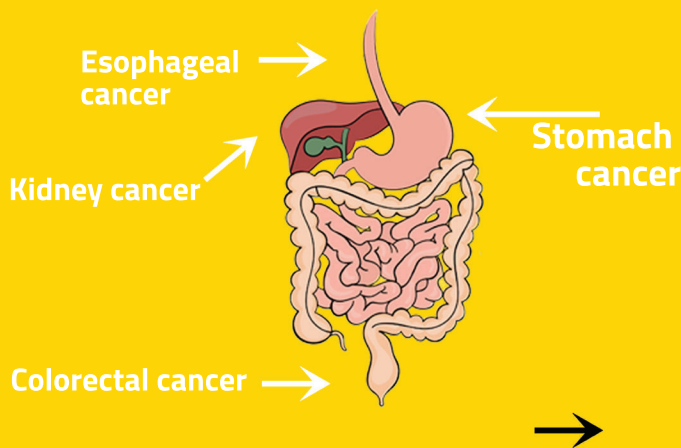
Freezing vegetables preserves vitamins, minerals, and makes them convenient to cook and eat all year round.



Fruit and vegetable juices are also examples of healthy foods. Some orange juice is fortified with calcium to make it



WHAT DISEASES CAN BE CAUSED BY EATING UNHEALTHY PROCESSED FOOD



processed meats are some of the worst of the processed foods. Eating these meats may increase risk of colorectal, kidney, or stomach cancer.



Candy contains high calories, high fat, and other flavor enhancers.



Fast food often has no nutrition. It is highly processed with a wide array of additives. The fast food products are made with highly processed ingredients to give it a shelf life and food consistency. Fast food is altered from its original healthy form; it was meant to nourish the body with, to a denatured form that lacks any nutritional value whatsoever.



Packaged snack foods have high calories, extra salt, high fat, and flavor enhancers. They are chemical additives. Eating lots of packaged snack foods increases the body's level of homocysteine.



Canned foods contain lots of sodium. Eating too much sodium may lead to high blood pressure, a major risk factor for stroke, heart disease, and kidney disease.



Soft drinks reduce the calcium in the bones and, in addition, the acidity in many soft drinks may also cause esophageal cancer. Drinking a lot of soft drinks may risk becoming weak-boned, cavity-prone, and caffeine-addicted.

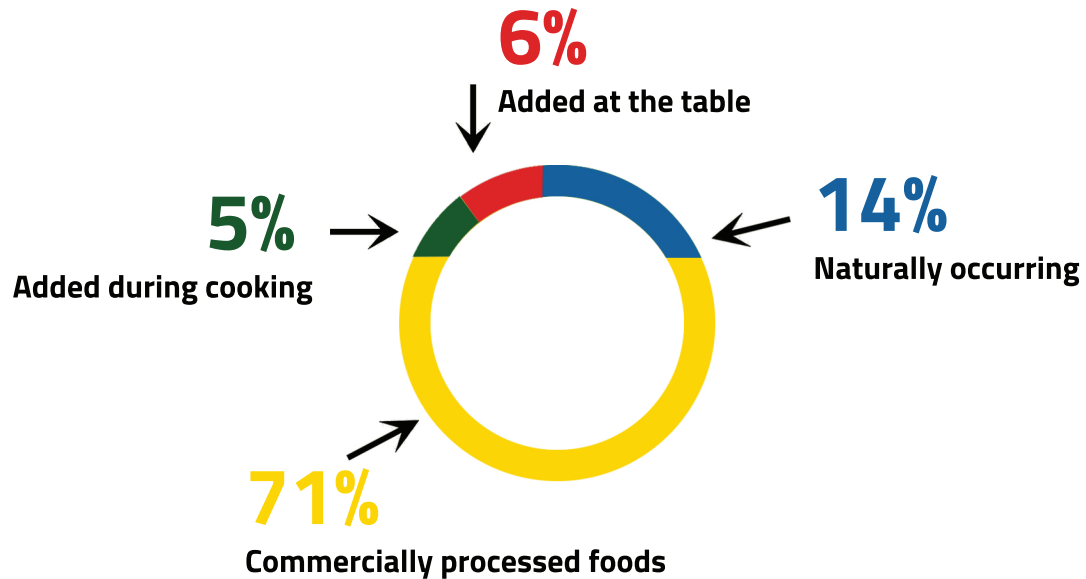


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SOURCES OF SODIUM IN OUR DIET (ONTARIO)

Americans consume on average 3,400mg of sodium every day.



Processed foods are marketed to show the wealth of nutrients they contain. But that's often a very misleading story.

**Better Labeling
Hidden Ingredient**



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