

Possible title ideas: Sugars, Soy, and Artificial Flavors... Oh My! ; Nutrition Facts: Do's and Don'ts

Nutrition Facts: A guide to reading labels

In the most recent health movement of our generation, it may seem like every brand is making a conscientious effort to opt for organic, gluten-free, dairy-free, sugar-free, soy-free or nut-free options. What is next — air-free? Distorted claims on packaging and misleading advertising can lead you to believe you are consuming products that are seemingly “healthy,” when they are not.

Hidden Sugars:

Regardless of a product's claim to have “no added sugars,” it can still ~~contain be congested with~~ naturally occurring sugars.

Why it matters: Sugar packs in extra calories, or “empty calories”, ~~from~~ which you gain no nutritional value or ~~satisfaction. satiety from.~~ After a day of empty calorie consumption and blood sugar highs and lows, you will look towards other ~~unhealthy~~ foods for fulfillment, which could lead to weight gain. A diet high in sugar will put you at risk for heart disease, Type 2 diabetes, weight gain, obesity and worst of all, hanger.

What to avoid: Cane syrup, agave nectar, palm sugar, rice syrup, brown rice syrup, corn sweetener, high fructose corn syrup, dextrose, fructose, maltose, lactose, sucrose, malt syrup, cane crystals and evaporated cane juice.

Comment [1]: define satiety?

Soy Products

Soy sauce is to sushi as peanut butter is to jelly. However, the controversy regarding soy products might make you want to reconsider excess soy consumption.

Why it matters: Over 90 percent of soy produced in the U.S. is genetically modified and may contain traces of the herbicide “Roundup” — which is associated with toxic health issues such as cancer and other hormonal dysfunctions. Refined sources of soy are also high in Omega-6 fatty acids, which can lead to inflammation and multifold health issues.

What to avoid: Soy protein, soybean oil, soy protein isolate, soy lecithin, soy bran, soy flour, bean curd, hydrolyzed soy protein, miso, HVP, TVP, tempeh, natto, okara, tamari and yuba.

Preservatives

Preservatives may prevent spoilage and contamination, but are these shelf-life enhancers destroying our health too? [To be honest, it is kinda sketchy.](#)

Comment [2]: find new word?

Why it matters: Preservatives have been linked to hyperactive behavior and can also trigger the onset of asthma symptoms, rashes, headaches and breathing problems. Food additives can also alter gut-friendly bacteria and your gut biome.

What to avoid: BHA, BHT, benzoates, butylates, sorbates, sulfites, nitrites, nitrates, TBHQ, parabens and dioxides.

Artificial Colorings:

The line between “natural” and “artificial” can be ambiguous when it comes to ingredients. It is truly just the *source* of chemicals that distinguish the two.

Why it matters: In terms of flavor, you might believe that natural flavors surpass artificial flavors. However, they are nutritionally no different and one is not deemed safer than the other. On the other hand, when it comes to natural and artificial food colorings, there is an unmistakable difference. Food colors that are used in the US are banned in other countries due to their alarming health complications such as cancers, DNA damage and organ function irregularities.

What to avoid: “(Color) No. X” (e.g. Yellow No. 5)

It is necessary to practice mindfulness of the ingredients and nutritional content of our food. That is not to say you have to must-fully restrict your diet of foods that *do* contain poor ingredients. Health is not only exclusive to what you put in your body, but it contributes to is comprised of *mental* satisfaction as well. Sometimes eating a donut, easy-mac or take-out, *is* the best thing you can do for your health and well-being.