

FOODS & GROCERY PRODUCTS TO AVOID

These Foods	Contain These Ingredients
Packaged meats	sodium nitrite
Breakfast cereals	white flour, refined sugars
White breads and buns	white flour, refined sugars
Beef jerky	MSG, sodium nitrite
Popular peanut butters	hydrogenated oils, refined sugars
Popular salad dressings	MSG, refined sugars
Instant rolled oats	refined grains
Pasta sauces	refined sugars
Canned soups	MSG, sodium nitrite
Fried snack foods	hydrogenated oils, MSG
Lunch snack paks	sodium nitrite, hydrogenated oils, white flour
Diet soft drinks	chemical sweeteners
Yogurts	refined sugars, cows' milk
Margarine	hydrogenated oils
Granola bars	refined grains, refined sugars
Sugar-free syrup	chemical sweeteners
Sugar-free punch	chemical sweeteners
Instant grains, puffed grains	refined grains
Canned fruits	refined sugars
Energy bars	refined sugars
Sports drinks	artificial colors
Dinner mixes	MSG
Sauce mixes	MSG
Instant rice, rice mixes	refined grains, MSG
Instant potatoes	refined grains
Breakfast sausages	sodium nitrite, MSG
Bacon	sodium nitrite, MSG
Pasta	refined grains
Frozen potatoes	hydrogenated oils
Frozen breaded fish	hydrogenated oils, MSG
Cows' milk	homogenized milk fats



Remember:

- **MSG** can be hidden as "autolyzed" or "hydrolyzed" ingredients. It is also found in **yeast extract**.
- All **hydrogenated oils** also contain damaging **trans fats**.

YACHTER Family Chiropractic

Dedicated to keeping families healthy

FOODS & GROCERY PRODUCTS TO CONSUME

The following items contain phytonutrients that prevent disease:

Cabbage
Broccoli
Brussels sprouts
Kale
Cauliflower
Raw nuts (all kinds)
Soybeans
Tomatoes
Citrus fruits
Melons
Red grapes
Berries (all varieties)
Sprouts (all varieties)
Garlic

Onions
Ginger
Chilies
Arugula
Bok Choy
Collards
Watercress
Culinary herbs like oregano, sage, and rosemary
Olive oil
Flax oil
Coconut oil
Macadamia nut oil
Avocados

