

CHECK the LABEL

INGREDIENTS TO AVOID

a pocket guide
for the common
grocery shopper



YELLOW 5 & 6

FOUND IN

breakfast cereals
macaroni and cheese
butter
pasta
ice cream
popsicles
soda
chips

SIDE EFFECTS

hyperactivity
rashes and hives
asthma
migraines
anxiety
depression
thyroid cancer

Did you know?

Americans consume
5X
as much food dye
as they did in 1955



BROMINATED VEGETABLE OIL

FOUND IN

powerade
fanta orange
mountain dew
crush orange soda
great value drinks
squirt
many citrus drinks

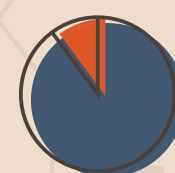
SIDE EFFECTS

hyperthyroidism
autoimmune disease
cancer
birth defects
growth problems
schizophrenia
hearing loss

Did you know?

10%

of American soda products
contain this toxic ingredient



AZODICARBONAMIDE

FOUND IN

bread
bagels
muffins
buns
pizza crust
tortillas

SIDE EFFECTS

asthma
allergies
cancer
weakened immune system
disrupted hormone function

Did you know?



Makes gluten
more irritable



Banned in the EU and Australia

POTASSIUM BROMATE

FOUND IN

bread
baked goods
breakfast sandwiches
rolls
pizza crust

SIDE EFFECTS

kidney disorder
nervous system disorder
cancer
diarrhea
cramps

Did you know?



Banned in Colombia, Australia, the EU, China,
Peru, Brazil, Sri Lanka, and Canada

BHA & BHT

FOUND IN

potato chips
lard
butter
cereal
mashed potatoes
preserved meat
baked goods

SIDE EFFECTS

hyperactivity
cancer
allergic reactions
reproductive effects
abdominal pain
blood clot impairment
tumor growth

Did you know?



Known to impair
blood clotting at
high doses



Caused liver, kidney,
& thyroid problems
in mice & rats

& RBGH & RBST

FOUND IN

milk
cheese
butter
other dairy products

SIDE EFFECTS

colon cancer
breast or prostate cancer
inflammation
change in estrogen levels

Did you know?



Banned in the EU, Canada, Australia,
Japan, New Zealand, and Israel

CASE STUDY MEET the GREENS



ADAM GREEN

AGE

11 years old

FAVORITE MEAL

macaroni and cheese,
juice, broccoli

HEALTH CONDITIONS

hyperactivity
rashes and hives



LUCY GREEN

AGE

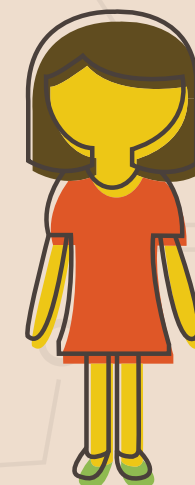
8 years old

FAVORITE MEAL

pb&j, potato chips,
powerade

HEALTH CONDITIONS

rheumatoid arthritis
(autoimmune disease)



JUDY GREEN

AGE

42 years old

FAVORITE MEAL

salmon, asparagus,
bread

HEALTH CONDITIONS

asthma
allergies



ROB GREEN

AGE

44 years old

FAVORITE MEAL

breakfast sandwich,
orange juice, hash browns

HEALTH CONDITIONS

diarrhea
cramps



GARY GREEN

AGE

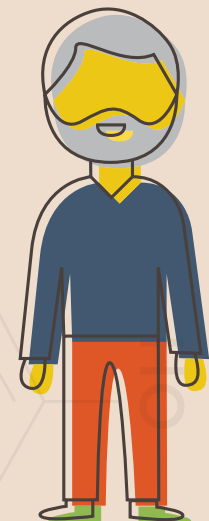
75 years old

FAVORITE MEAL

steak, cauliflower
mashed potatoes

HEALTH CONDITIONS

abdominal pain



RUTH GREEN

AGE

76 years old

FAVORITE MEAL

blueberry pancakes,
fruit, milk

HEALTH CONDITIONS

change in estrogen levels

