



## WHAT NOT TO EAT

Look online, and you'll find countless lists of the foods you should eat. Low-carb foods. Low-fat foods. Gluten-free foods, and so on. But it's equally important to know what foods you should avoid. At Belue Farms Natural Market, we pride ourselves in stocking foods without added hormones, trans-fats, artificial colors or flavors, artificial preservatives, and antibiotics. Here are some of the ingredients you should also avoid for better health.

Aspartame	Irradiated foods
Azodicarbonamide	Partially hydrogenated oils
Bleached or bromated flour	Potassium sorbate
Acesulfame-K	Potassium benzoate
BHA or BHT	Propylparaben
Calcium bromate	Saccharin
Cyclamates	Sodium benzoate
Hydrogenated fats	Sodium glutamate
High fructose corn syrup	Sorbic acid
Nitrates	Soy products
Methylparaben	Sucralose
Monosodium glutamate (MSG)	Vanillin

*Eat Healthy. Be Happy.*