

cut the  
**CRAPE**  
superfoodswapdiet.com

If you want to eat less processed food...here's how:  
Read the **INGREDIENTS** on packages &  
avoid foods that contain **C.R.A.P.**

**C**

**Chemicals you don't use in your own kitchen.**

Words like: azodicarbonamide, carrageenan, potassium bromate, soy isolate, brominated vegetable oil, and partially-hydrogenated vegetable oil.

**R**

**Refined sugar & flour.**

Words like: refined flour, enriched wheat, high-fructose corn syrup, sugar, and anything ending in -ose.

**A**

**Artificial sweeteners, flavors, colors.**

Words like: caramel coloring, saccharin, aspartame, acesulfame-potassium, dyes, diacetyl, and just plain "artificial flavoring."

**P**

**Preservatives.**

Words like: sodium nitrate/nitrite, BHA, TBHQ, BHT, heptyl paraben, and propyl gallate.



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