If you want to eat less processed food... here's how:

Read the INGREDIENTS on packages & avoid foods that contain C.R.A.P.

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.

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

Artificial sweeteners, flavors, colors.
Words like: caramel coloring, saccharin, aspartame, acesulfame-potassium, dyes, diacetyl, and just plain “artificial flavoring.”

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

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For more info, VISIT: www.DawnJacksonBlatner.com