HONEST FOOD GUIDE.org



The food guide built to benefit you, not Big Business.



Free of pain Mental clarity Stable moods Accelerated learning Low health care costs Reproductive health Clear, smooth skin Easily healed Rarely sick Sound sleep Sustained energy Happy

Health >>

Pan filits (all kinds) Sports . brocoli alalla etc SQL tout sQ nik etc ricetthy bones organs bain Essential soner for nutition rion viennins, fiber, complex carbs High vitamins, fider, phytometrients rion aniosicans, nealthy brain, hear rion in viernins on toutrients rion protein, anioxodants realty hear brain and nore realty of high the antoxidants realty of postonifierts Anioxidents, healthy oils

Health, hear, bain, and more

Hon in vicening fiber

rion fiber healthy olis viennins, note

rion protein minerals, phytomitients

Thon wanns minerals

rion density nutrition

High fiber

Quality Diant based Droteins

realty innure function, nine als

Legend:

Acidic: disrupts acid/alkaline balance, promotes bone loss, osteoporosis

Added sugars: promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders

Animal fats: promotes heart disease

Artificial colors: promotes ADHD, behavioral disorders

Artificial preservatives: promote cancer, heavy liver detox load

Chemical sweeteners: cancer risk, promotes migraines, nervous system damage

Fried fats: contain carcinogens, promotes heart disease, obesity

High sodium: stresses kidneys, promotes hypertension, high blood pressure

Homogenized fats: unnatural alteration promotes plaque in arteries

Hydrogenated oils: contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects

Lacks fiber: promotes colon cancer, digestive stagnation, heart disease MSG (monosodium glutamate): migraines, hormonal disorders, overeating

Refined grains: promotes diabetes, obesity, vitamin loss

White flour: promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:

GROCERY WARNING

DANGEROUS FOODS REVEALED www.GroceryWarning.com





HEALTH THROUGH EDUCATION www.HealthRanger.org

FREE DAILY HEALTH NEWS www.NewsTarget.com

Eat all the colors of the rainbow:

Red: Tomatoes, peppers, cranberries, raspberries, apples,

beans, strawberries

Orange: Carrots, pumpkins, oranges, sweet potatoes,

cantaloupe, peaches, apricots, mango

Yellow: Squash, corn, legumes, lemons, banana, eggs,

grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas,

almonds, pecans, walnuts, brown rice, ginger, beans

Peppers, cabbage, beans, limes, spinach, kale, Green: honeydew melon, avocado, pears, pesto, celery, zucchini

Purple: Blueberries, blackberries, currants, beets,

red cabbage, eggplant

White: Potatoes, tofu, onions, garlic, whole oats, cauliflower