



## « Disease



## Health »



## 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:



NO MORE LIES ABOUT HEALTH  
www.HealthSeduction.com



HEALTH THROUGH EDUCATION  
www.HealthRanger.org



DANGEROUS FOODS REVEALED  
www.GroceryWarning.com



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
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower

