**YOU ARE WHAT YOU EAT**

* **ADDED SUGAR**: Sugar that is added to a product that is found in a variety of processed foods. **Added sugar limits: 40g a day for man and 20g for a women**
  + Risks of consuming Added sugars
    - Heart disease
    - Acne
    - Diabetes
    - Cancer
    - Depression
    - Increase the rate of wrinkles in the skin
* Less energy
* Consistently high blood sugar levels could increase your risk for Kidney disease
* Weight gain
* **MONOSODIUM GLUTAMATE (MSG):** found in processed foods and may cause headaches.
* **ARTIFICIAL FOOD COLORING**: examples Blue 1, Red 3, Red 40, Yellow 5 and 6. Food coloring may lead to allergic reactions and hyperactivity in children.
* **SODIUM NITRITE**: found in processed foods. Intake of sodium nitrites may increase your risk of cancer.
* **HIGH-FRUCTOSE CORN SYRUP (HFCS):** HFCS is a sweetened made from corn found in sweetened processed foods. Potential risks associated with HFCS are weight gain, diabetes, inflammation, metabolic syndrome, and nonalcoholic fatty liver disease.
* **ARTIFICIAL SWEETENERS**: potential side effects are headaches and a negative balance of gut bacteria, gas, and bloating
  + Aspartame
  + Acesulfame Potassium (Ace K)
  + Adventame
  + Aspartame-acesulfame Salt
  + Cyclamate
  + Neotame
  + Neohesperidin
  + Saccharin
  + Sucralose
* **TRANS FAT**: unsaturated fat that has been hydrogenated. Side effects could lead to inflammation, heart disease and diabetes