## HONEST FOOD GUIDE.org



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

Legelables (all kings)

High in viennins, fiber

high protein minerals, phytonurions

High Manis, minerals

rion density nutrition

High fiber

Quello Danibased proteins



Free of pain Mental clarity Stable moods Clear, smooth skin Easily healed Rarely sick Sound sleep Sustained energy Нарру

Accelerated learning Low health care costs Reproductive health

Health >>>

Thealthy bones, organs, brain Ligh viennins, fiber complex carbs tion viamins fiber on ton the ris rion aniosidants, healthy brain, hear High in viernins phytometricals rion protein anioxidants Healthy heart brain, and more reality oils, high their antioxidents realty oils phytonutients Antioxidents healthy oils Thealthy heart, brain, and more tealths innune function, minerals Tion ther health, olls, stlenning, note

## 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

**GROCERY WARNING** 



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