

Tips for Cleaning Up Your Pantry

Check your food labels:

- if you can't pronounce it, don't eat it.
- Aim for 5 ingredients or less
- 3 foods/ingredients that compromise your energy levels and negatively affect your health:
 - Sugar
 - Grains
 - Processed foods (soy, corn, refined/hydrogenated oils)

No-No Ingredients:

- High Fructose Corn Syrup (HFCS)
- Sucralose, Aspartame, Saccharin, Acesulfame-K
- Monosodium Glutamate (MSG)
- Potassium Benzoate & Sodium Benzoate
- Sodium Chloride
- Hydrogenated/Partially Hydrogenated oils, Refined Oils, Fractionated Oils, Canola Oil, Soy Oil