



10 FOODS THAT ARE SLOWLY AFFECTING YOUR HEALTH

This isn't about perfection - It's about awareness and better choices.



SEED OILS

Swap for: Avocado oil, Extra Virgin Olive Oil, and Coconut Oil

Highly processed seed oils create inflammation and disrupt hormones.

Avoid: canola, sunflower, vegetable, safflower, peanut, and cottonseed oils.



GMO FOODS

Choose non-GMO whenever possible, especially for grains and soy-based products.



Genetically modified foods are often loaded with chemicals and pesticides that stress the body over time.



NON-ORGANIC FRUITS & VEGGIES

Swap to organic
whenever possible to
reduce toxic exposure.

Conventional produce is
heavily sprayed with
chemicals that build up
in the body.



PROCESSED MEAT

Choose fresh, clean
protein instead.



Deli meats, hot dogs,
bacon, and sausages are
highly processed and
often contain nitrates,
preservatives, and
artificial additives.



FAST FOOD

Most of it is so processed it barely qualifies as real food.

Fast food is loaded with preservatives, artificial ingredients, refined oils, and sugars.



CONVENTIONAL MEAT (NOT GRASS-FED OR ORGANIC)

Choose grass-fed,
grass-finished beef
and organic poultry.



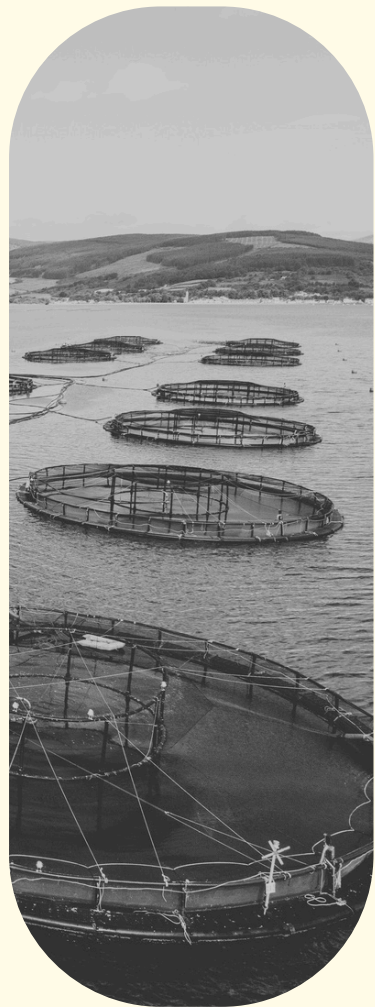
Cows and chickens
raised conventionally
are fed GMO corn, soy,
and grains, which affects
the quality of the meat.



FARM-RAISED SEAFOOD

Choose wild-caught
seafood for cleaner
protein and better
nutrition.

Many farmed fish are
raised in unhealthy
conditions and
exposed to chemicals
and antibiotics.

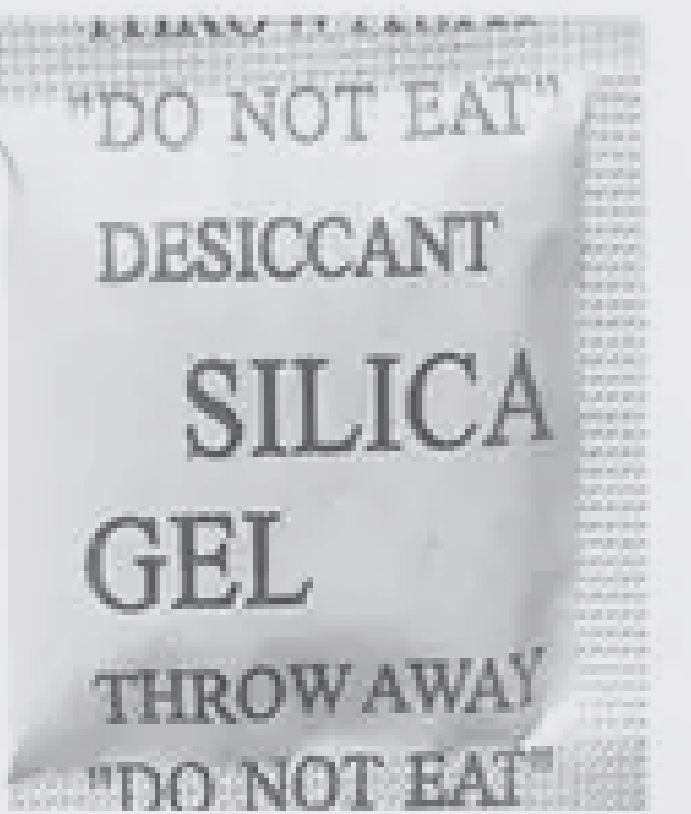


NON-ORGANIC DAIRY

Choose organic dairy
whenever possible.



Conventional dairy comes
from cows fed GMO feed
and exposed to hormones
and antibiotics. Those
toxins transfer into the
milk and dairy products.



ULTRA- PROCESSED, BOXED FOODS

Foods that come in boxes
are often filled with
preservatives, artificial
flavors, and chemicals
designed for shelf life —
not health.



FOOD STORED OR HEATED IN PLASTIC

Swap plastic for glass, including food storage containers and condiments.



Plastic contains
“forever chemicals” that
leach into food,
especially when heated.