

Good2UGood4U:

Avoiding the EW Syndrome (Empty Wallet) Avoiding the Triple F: (Fake-Filled “Foods”) Finding the Triple G: (God Given Goodness)

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The God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. Genesis 1:29 NIV

We all know that eating our 5-9 a day fruits and vegetables and consuming the simple eating plan God intended for us helps prevent obesity, heart disease, cancer, and a host of other avoidable diseases. However, when shopping, Satan has perverted marketing tactics that have us purchasing and consuming fake ingredient “foods” while we are thinking we are doing good for our bodies.

Beware Fake Foods masquerading as part of your 5 a day fruits and vegetables AND A HEALTHY LIFESTYLE. One of my most annoying pet peeves include fruit items listed as “No Sugar Added” while being filled with 1-3 artificial sweeteners. Fruit Naturals products formerly contained fruit in 100% fruit juice. Several years ago, all that changed and all that is available are products with artificial sweeteners while touting the lack of sugar. Worse is that these are promoted for our children’s snacks and lunches further promoting a future of bad habits that trap them in a future without the good health God intended for us. *Fruit Naturals (in produce secton) Ingredients: Peaches, Water, Sorbitol, Ascorbic Acid (to Protect Color), Natural Flavor, **Acesulfame Potassium, Sucralose.***

The best way to avoid the fake filled “foods” when shopping is to always flip the package and READ THE LABEL INGREDIENTS. If a product is marketed as “No Sugar Added” or “Made with Whole Grain” or Reduced Sugar: or “Reduced Sodium” or “High Fiber”, I immediately become suspicious and FLIP over the package and read the ingredients to determine if the ingredients are simple or a F.F.F. A food not naturally high in fiber that suddenly promotes high fiber may have inulin or chicory root fiber added. While these are not artificial, they do cause GI irritation to some people.

Here area few of my favorite brands of DELICIOUS Triple G convenience foods that avoid the Triple F and avoids the EW (empty wallet) syndrome due to frequent coupons, sales and high availability in most grocery stores and some dollar stores.

Applesauce	Mott’s Unsweetened GoGo Squeeze (pouches only) White House Natural Plus
Canned/Jar/Cup Fruit	Dole 100% Fruit Juice pears, peaches, pineapple, mandarin oranges, tropical fruit
Fruit & Veggie Whole Food smoothie	Bolthouse Farms Naked Pressed veggie juices (non GMO)
Fruit Leather “snacks”	Nature’s Place Safari fruit snacks (Food Lion) ClifKid Organic Fruit Rope

U S H U B R E B I A N A Q N R G
 N U T C O P V B E W N G U E A O
 E G I L L L A V A A D T M D G G
 S A W I T A G R T E R A E T U O
 O R E F H C A U N I T V H P S S
 L F D K O E R E T R O G W I D Q
 A R A I U E T I A R I S Y L E U
 R E M D S E O P P L X D L F C E
 C E H M E N S M A I V E T S U E
 U X D W F A I M O T T S O A D Z
 S P S A A M O N K F R U I T E E
 I N C P R D E K A N D O Q G R U
 U T B E M S T E V I A I N T H E
 S Q X G S T N E I D E R G N I L
 W A R E H T N I R A G U S W K J
 S E I H T O O M S F B H P Z M Z

AGAVE
 CLIFKID
 NAKED
 PLACE
 REDUCED SUGAR
 STEVIA IN THE
 SUGAR IN THE RAW

ASPARTAME
 GOGO SQUEEZE
 NATURENTS
 RAW
 SMOOTHIES
 SUGAR FREE

BOLTHOUSE FARMS
 NUTRITION FACTS
 REBIANA
 STEVIA
 SUCRALOSE
 UNSWEETENED