DID YOU KNOW...

there are 9 foods considered healthy that really are not?

Many foods have been heavily promoted as being healthy when they are nothing more than pernicious junk foods. In the featured article, Clean Plates founder Jared Koch shared his list of nine staple foods that are far less "good for you" than you've been led to believe.

1. Canned Tomatoes may contain BPA and high acidity may cause it to leach into your food.

2. Processed Meats like salami, ham and roast beef are typically made with meats from animals raised in confined animal feeding operations.

3. Margarine is the unfortunate result of the low-fat diet craze.

4. Vegetable Oils are highly processed.

5. Microwave Popcorn bags are lined with perfluorooctanoic acid which may show up as a contaminant in blood.

6. Non-Organic Potatoes and Other Fresh Produce has been known for high pesticide contamination.

7. Table Salt and salt found in processed foods are NOT identical to the salt your body really needs.

8. Soy Protein Isolate and other unfermented soy products are typically made from genetically engineered soybeans that are designed to be "Roundup ready" which means they're engineered to withstand otherwise lethal doses of herbicide.

9. Artificial Sweeteners can actually stimulate your appetite, increase carbohydrate cravings and stimulate fat storage and weight gain.

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articles.mercola.com/sites/articles/archive/2013/06/10/9-unhealthy-foods.aspx?