



# Clean Eating Cookbook: How I Lost 30 Pounds in 3 Weeks with Clean Food Diet

*Dorothy Enderson*

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Water, xylitol, modified food starch, cocoa processed with alkali, milk protein concentrate, hydrogenated vegetable oil, salt, sodium alginate, sucralose, acesulfame potassium, artificial flavor, artificial color. Sounds familiar? A quick Google search will reveal that these are the ingredients for a sugar-free instant chocolate pudding mix. But do you actually have any idea what these food ingredients really are? Are they nutritious? Are they even safe to eat to begin with? This is the irony of the modern diet. No matter how busy they are, people nowadays have easy access to food through pre-packaged frozen meals, to-go boxes and drive-through bags. But these are laden with hazardous preservatives (to prolong shelf life), sodium, sugars and synthetic additives (to improve taste, texture and appearance). Not surprisingly, lifestyle-related diseases like heart disease, diabetes and cancer are the leading causes of death in the modern world. Common sense dictates that prolonged exposure to harmful substances will definitely lead to serious health problems in the future. Still not convinced? Below are some examples of dangerous food additives.



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