

Beware: These 10 Ingredients In Processed Foods Rob Your Body of Nutrients

by April McCarthy | [TruthTheory.com](https://www.truththeory.com)

Unless you're living on a farm in the middle of nowhere, chances are you consume at least some packaged foods. Food scientists around the world are always working hard (not smart) at finding the cheapest ingredients to extend shelf life. Unfortunately, their job is not to look out for your health. Many ingredients used to sweeten, preserve and emulsify foods also rob your body of critical nutrients. Here are the one's to look out for.

“Even if you're eating a well-balanced diet, you're likely consuming some packaged foods, such as cereal, yogurt, and frozen vegetables, that are going to make you deficient in at least one micronutrient,” says certified nutritionist Mira Calton, who co-authored the book [Rich Food, Poor Food](#) with husband Jayson Calton, Ph.D. “The fact is, Americans are overfed, but under-nourished.”

Ridding your diet of the following toxins hem will help you retain more micronutrients with every bite.

1) PROCESSED SUGAR

Aliases: Agave nectar, brown sugar, cane crystals, cane sugar, caramel, crystalline fructose, dextrose, evaporated cane juice, fructose, fruit juice concentrate, glucose, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, syrup

Found in: Sodas, dessert items, candies, frozen fruits and

vegetables with sauces or marinades, sauces, soups

Robs Your Body of: Vitamin C, calcium, magnesium

“Vitamin C and glucose use the same transporters to get into cells, so they compete with one another,” Calton says. Our body wants to absorb a limited amount of [fructose](#), adds Paul Jaminet, Ph.D., co-author of *Perfect Health Diet*, and “when we consume more than that, the intestine rejects it and feeds gut bacteria, leading to bacteria overgrowth.” This extra bacteria tends to steal nutrients and damage intestinal cells, he says, inhibiting absorption of calcium and magnesium.

Increased Health Risks Due to Nutrient Depletion: Weaker immune system and bones, poorer night’s sleep, compromised cellular and nerve function, chronic inflammation

2) DISTILLED WATER

Aliases: N/A

Found in: Juices, Carbonated Beverages

Robs Your Body of: Electrolytes, Micronutrients

Distillation will remove impurities found in water but will also remove the naturally occurring minerals. The WHO and others studied the use of distilled water and found that because it is stripped of all minerals it can cause electrolyte imbalances in your body. Your body will leach electrolytes from your tissues in order to add them to the mineral free water you are drinking. This is necessary so that your body can function normally and eliminate waste. If the water redistribution process in your body is not functioning properly, you may experience fatigue, weakness, headache, muscle cramps and an abnormal heart rate. The acidic nature of distilled water is also a significant health concern as the pH is not found in nature.

Increased Health Risks Due to Nutrient Depletion: Long-term use can cause mineral loss if not replaced by other foods which may increase your risk for osteoporosis, osteoarthritis, hypothyroidism, hypertension, coronary artery disease and premature aging.

3) HIGH-FRUCTOSE CORN SYRUP

Aliases: Corn sweetener, corn syrup, corn sugar

Found in: Packaged foods, cookies, cakes, breakfast cereals, soda, frozen veggies, yogurt, juices, condiments

Robs Your Body of: Chromium, magnesium, zinc

The average American consumed 131 calories of [high-fructose corn syrup](#) daily in 2011, the most recent year that the USDA has data for. “Biologically this sweetener has the same effects on your health as sugar, including the formation of intestinal bacterial overgrowth (SIBO),” Jaminet says. This is a common condition found in most people suffering from IBS, according to a 2010 report published in the *World Journal of Gastroenterology*. Unlike sugar, however, HFCS doesn’t trigger the “I’m full” hormone leptin in the brain, Calton adds, making it easier to overeat, which may lead to obesity.

Increased Health Risks Due to Nutrient Depletion: Impaired immune function, hair loss, lowered blood sugar regulation, elevated triglycerides, discomfort, bloating, diarrhea, obesity

4) SOY

Aliases: Dozen of aliases for soy are found in food products such as [soy lecithin](#), asian cuisine flavoring, hydrolyzed plant protein, shoyu sauce, protein isolate, soybean oil, textured vegetable protein, vegetable broth, thickening agents and many others.

Found in: Hundreds of packaged foods, soy milk, meal replacements, nutrition supplements, sauces, baked goods, dressings, spices, soups, pastas.

Robs Your Body of: Iron, enzymes

Soy has become a major source of toxicity for human beings, especially in the last three decades. Not only is more than 99% of soy genetically modified, but sources labeled organic or non-GMO are often exposed to the same problems as conventional soy. If you consume processed foods, soy is almost impossible to avoid. With the exception of wheat, there are few foods that are causing as many health problems as soy in the food supply. Here are [12 reasons to avoid any kind of soy](#).

Increased Health Risks Due to Nutrient Depletion: Growth problems, cancer, infertility, thyroid hormone depletion, allergies, immunotoxicity.

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