

# Seven Food Industry

**SECRETS**

That Could

**DESTROY**

Your  
Health



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# Table of Contents

<b>Chapter 1:</b> Introduction .....	p. 4
<b>Chapter 2:</b> The BIG Fat Lies Big Food Fools You With .....	p. 6
<b>Chapter 3:</b> It's The Clever Marketing That Hooks, Lines, And Reels You In .....	p. 8
<b>Chapter 4:</b> Seven Food Industry Secrets That Could DESTROY Your Health .....	p. 10
<b>Chapter 5:</b> Take Home Message .....	p. 15

# Introduction

I can almost bet you didn't know that BIG Food companies are lying to you.

It's true!

You see, most big food companies tell you that their claims are "based on research." – which could very well be true.

However, did you know that Big Food Companies fund their own research?

That's right...

The health claims that are backed by research...

Come from studies that were funded by THEM!

Don't you think it's kind of funny that Big Food pays for their own products to be researched? Why would they do such a thing?

The answer is simple:

They want to make sure their product lives up to its claim of improving your health.

But the truth is:

Even if there is research supporting this, the product may not live up to its claim...

...and in fact, could actually harm your health – if you're not careful!

**The BIG Fat Lies**  
**Big Food Fools You With**

Big companies love to make money.

And they do so by selling their products to consumers like you.

But there is a problem:

Some of these products may not be good for you – or your family’s – health.

For example, food products that contain tons of added sugar – like cereals, pre-packaged cakes and desserts, and processed foods – may have a stamp of approval from governing agencies...

...but these products could be robbing you of your health and longevity.

You see, sugary food products may cause weight gain...imbalances in blood sugar...and constant cravings for sugary, high-calorie foods.

Not to mention, these types of foods increase your risk for many chronic diseases – including heart disease, cancer, diabetes...

The list goes on and on!

And it’s all due to the “research.” When a consumer sees that a product - or health claim from a product – is backed by research, the chances of them buying it FOR THE HEALTH CLAIM – goes up significantly.

However, what those consumers don’t know – or realize – is that most of the research being done on that product is actually funded by the producer itself.

Why would they do such a thing?

To get you – the consumer – to buy the product, that’s why!

Everyone likes to know that what they are doing is good for them...

And eating a food that has been researched to lower heart attack risk, for example, sounds very appealing to the average person looking to reduce their risk.

So Big Food plays this up with their product – and research – only to further their agenda, which is to sell more products.

So what else does Big Food do to mislead you?

Well, you may be pretty surprised to discover that your nutritional labels, well, they may not be what they claim to be...

**Find Out Which Foods Are  
Best For Your Body Type!**



**Take The Quiz!**

Get Your FREE Personalized Results

**It's The Clever Marketing That  
Hooks, Lines, And Reels You In**



Now that Big Food has the “research” to support its purported health claims, they still need to get the product from the store shelves and into your home...

And eventually, into your stomachs!

So what do they do?

They come up with slick...clever...and oftentimes deceptive marketing slogans, campaigns, and commercials all geared to get you to buy their product.

And they target you at your weakest moments...

While you're watching your favorite shows on TV...while you're reading an interesting fat loss article... or even on the billboards you see on your way to work!

Food ads are everywhere! And they are usually filled with images of great looking food that could stimulate your appetite and eventually get you to buy whatever the product is.

But:

They also have strong, and very powerful WORDS that may also entice you to buy the product.

Think about it...

How many products are currently in your house that have “fat-free,” “low-fat,” or “light” on the label?

With our society focused so much on weight loss...fat loss...weight reduction...and body transformations...

...Big Food companies focus their marketing efforts on your fear of gaining weight...

Your fear of having saggy, flabby arms...

Or being covered head-to-toe in unsightly fat!

So they focus on these fears...and market – pretty effectively, I might add – on these fears and desires to get that product off the shelf and into your home.

What should you be on the lookout for?

Well, these seven deceptive labeling claims should do the trick:

**Seven Food Industry Secrets That  
Could DESTROY Your Health**

These SEVEN shocking labeling secrets should change the way you look at your favorite food products.

# 1

## THE DIRTY CLAIM: TRANS-FAT FREE

**What They Claim:** They claim this product is trans-fat free.

**The Reality:** This is probably not entirely true.

Trans-fats are a very unhealthy fat that is found in products that contain partially hydrogenated oils.

Products such as margarine, pudding, and doughnuts may all have some degree of trans-fats in them, which could increase your risk for heart disease and other deadly health conditions.

The problem is this: as long as the product contains 0.5 grams or LESS, then it can be deemed trans-fat free.

So, if you look at something and it says it's trans-fat free, take a look at the ingredients. If there is partially hydrogenated anything on the label, then chances are, you have a product that contains trans-fats.

# 2

## THE DIRTY CLAIM: FAT-FREE AND SUGAR-FREE ARE HEALTHY

**What They Claim:** Fat-free and sugar-free products are healthier alternatives to full fat or sugar-sweetened products.

**The Reality:** When you take something out of a product – like the fat or the sugar – then you need to add something back in to reach the right calories...the right texture...and the right consistency to make it palatable for you to eat.

...so they may add fillers, additives, artificial sweeteners, and even sugar (pertains to the fat-free products) in order to appeal to you, the consumer!

All these additives, sugars, and other artificial additions may only destroy your health instead of improving it.

Plus, these products may promote fat gain...may increase your risk for diseases... and could even lead to intense cravings that only calorie-laden, refined, and packaged sweets can satisfy.

# 3

## THE DIRTY CLAIM: THEY MANIPULATE SERVING SIZES

**What They Claim:** They may claim that a SERVING of a particular food is fat-free, sugar-free, or trans-fats free.

**The Reality:** Although their claim may be true – the serving size is absurdly small or unattainable.

For example...

The serving size for a popular cooking spray that contains oil is 1/3 of a second! And I am sure you're like me, and you make sure the pan is coated before you add your food.

So yes, in that one serving, you're probably getting ZERO calories, ZERO grams of fat, and ZERO grams of trans-fats, but the serving size is absolutely ridiculous and no one in their right mind would be able to have that kind of serving size.

But having more servings than what's recommended, you are getting more calories, fat, and sugar than you would be anticipating.

And this could easily cause your weight –and other dangerous risks – to skyrocket.

# 4

## THE DIRTY CLAIM: THE LABELS MAY BE PLAIN WRONG

**What They Claim:** They claim that their product contains a certain amount of calories.

**The Reality:** When you look at a label, you look at all the important things. You look at the servings...you look at the ingredients...you look at how much fat, carbs, and protein are in it...and you most certainly look at how many calories are in it.

But, what you may not know is that the number they put for calories, well, it may be WRONG.

You see, a recent report showed that almost ONE in FOUR products – or roughly 25 percent of products - contained inaccurate information when it came to calories.

And not just wrong, but very, very wrong!

The reason: the FDA – also known as the Food and Drug Administration and the governing body of everything that has to do with food – may allow some product labels to be “off” by as much as 20 percent and still fall under FDA guidelines!

That means you may be getting MORE than you bargained for when it comes to the calorie content!

# 5

## THE DIRTY CLAIM: IT'S ALL NATURAL

**What They Claim:** They can call their product NATURAL even though it may not entirely be.

**The Reality:** The product may contain no artificial ingredients, additives, or dangerous chemicals, but it could include potentially harmful GMOs – or genetically modified organisms.

And how do manufacturers get away with this? The FDA has very little regulation on the term “natural” which gives a green light to many food companies to add this to the label even when they shouldn't.

If you want to protect your health, then you really need to pay close attention to the label and do your research on the ingredients listed in the product.

# 6

## THE DIRTY CLAIM: 100% FRUIT JUICE

**What They Claim:** They claim their product contains 100% PURE fruit juices.

**The Reality:** You run to the store to pick up some juice. You take a quick look and find one that says 100% fruit juice.

You pick it up and rush home – without even looking at the label. While this product may contain 100% pure juice, it may not contain the RIGHT juice that you're looking for.

For example, if you pick up a grape juice container, you may find grape juice AND apple juice on the label.

What gives, right? The reason for this is pretty simple: Apple juice is a cheap way to fill the product.

The food manufacturer saves money by putting a tiny bit of grape juice in, and filling the rest with apple juice, artificial colors, and maybe even some artificial sweeteners.

So before you pick up your next container, box, or bottle of juice, be sure to check and make sure you're getting 100 percent of the juice you want.

If not, put it back and continue on your way!

# 7

## THE DIRTY CLAIM: MADE WITH REAL FRUIT

**What They Claim:** They claim that their product is made from REAL fruit.

**The Reality:** There are many products that claim they are made from real fruit. But the sad reality is that they may only contain a small percentage of fruit – which is usually used for flavor, color, and taste.

The rest of the product consists of additives (such as sugar) and artificial coloring to make it LOOK like the product contains the real fruit that it claims.



**Why Do The Food  
Companies Have The  
Blood Of More Than  
35 Million Lives  
On Their Hands  
Each Year?**

[<<Learn More >>](#)

# Take Home Message

Big Food is deceiving you and it could be robbing you of some really good years...

...and your good health!

The food industry may intentionally deceive its consumers to accomplish their own agenda – to make more money and add to the bottom line.

Not only do they pay top dollar to researchers to secure their purported “health” claims – they then focus their marketing efforts to manipulate you into buying their product.

So before you pick up that fat-free container...

Or indulge in that sugar-free ice cream...

You need to understand the key take home points from above!

Big Food doesn't have your best interests in mind...they only have their's (and their stockholders') interests in mind.

This deception could cause you to develop some serious health issues...become overweight or obese...or expose you to a higher risk for developing one – or many – chronic diseases.



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# The Formula – Powered By **13 POTENT NUTRIENTS** – To Reclaim Your Health

In order to take back your health from the heavy hand of Big Food companies, you need to reduce your intake of sugary, refined, and chemically-altered foods.

But:

Sometimes that's not enough! Sometimes you need something special to fight back against the damaging effect of sugar.

And that something should be GlucoGuardian!

You see, GlucoGuardian contains potent nutrients – 13 of them in fact – that clinical studies have shown support and maintain healthy blood sugar levels...to reduce your cravings...to boost energy levels...and burn some of that stubborn belly fat.

## **FOR A VERY LIMITED TIME**

We have discounted bottles of GlucoGuardian available as a special thank you for reading this report. But supplies are limited, so please be sure to order immediately before the inventory we set aside for this special promotion is gone.



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Bottle of GlucoGuardian Right NOW >>**

