LEAN CLEAN RESET

Label Reading, Simplified

read it before you eat it

You don't need to be a food scientist. You need to know six things to look for. Save this to your phone and check it at the grocery store.

Hydrogenated Oils *aka: partially hydrogenated, shortening*	LINKED TO Inflammation, elevated LDL cholesterol, heart disease risk
High-Fructose Corn Syrup *aka: HFCS, corn sugar, glucose-fructose syrup*	LINKED TO Blood sugar spikes, fatty liver, weight gain, sugar cravings
Artificial Dyes *aka: Red 40, Yellow 5, Blue 1*	LINKED TO Hyperactivity, allergic reactions, gut irritation
Sodium Nitrite / Nitrate *found in: deli meat, bacon, hot dogs*	LINKED TO Bloating, blood pressure issues, digestive irritation
Artificial Sweeteners *aka: aspartame, sucralose, saccharin*	LINKED TO Gut microbiome disruption, headaches, sugar cravings
Excess Added Sugar *aka: cane syrup, dextrose, maltose, any "-ose" word*	LINKED TO Energy crashes, mood swings, inflammation, weight gain

The Reset Rule: if you can't pronounce it, your body probably can't process it easily either. When in doubt, choose the version with the shortest ingredient list.

How to read any label in 10 seconds

1. Read the first three ingredients. Ingredients are listed by weight. The first three are most of what you're eating.

2. Scan for the six above. If one shows up near the top, put it back.

3. Count the ingredients. Shorter list, better choice.