



Lesson 8: Homework

- 1) Read the ingredient lists on one of your favorite processed foods. Google each ingredient, paying special attention to preservatives, complex chemicals, and other artificial ingredients. (Worksheet 1)
 - a. Write down what you find out about some of the worst ingredients.
 - b. How do you feel about eating this food now?
- 2) Many different foods contain harmful toxins. Which of the 6 categories do you find it hardest to avoid? (Worksheet 2)
 - a. What obstacles do you face in removing these foods from your diet?
 - b. What can you do to overcome these obstacles and avoid these types of food in the future?
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Club Reduce© 2014 – Learn and Lose – Learn It! Live It! Lose it!

Worksheet 1: Finding Toxins in Your Favorite Foods

Read the ingredient lists on one of your favorite processed foods. Google each ingredient, paying special attention to preservatives, complex chemicals, and other artificial ingredients.

Your Favorite Processed Food: _____

All ingredients: _____

What were some of the worst ingredients? _____

What did you find out about them? _____

How do you feel about eating this food now? _____

Worksheet 2: Avoiding Exposure to Toxins

Many different foods contain harmful toxins. Exposure to toxins makes it much more difficult to lose weight and keep it off!

Six Sources of Toxins

- 1) Fast food and junk food
- 2) Refined grains
- 3) Refined sugar

- 4) Processed meat
- 5) Most dairy products
- 6) Alcohol, caffeine, and tobacco

Which of these 6 categories do you find it hardest to avoid? _____

What obstacles do you face in removing these foods from your diet? _____

What can you do to overcome these obstacles and avoid these types of food in the future?
