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7 Foods That Should Never Cross Your Lips

That bag of microwavable popcorn may seem harmless on the outside but on the inside its a whole different story. Find out what seven foods you should try to avoid, why you should avoid them, and find away to still enjoy these foods, but in a healthier way.

Clean eating means choosing fruits, vegetables and meats that are raised, grown and sold with minimal processing. Often they're organic, and rarely (if ever) should they contain additives. But in some cases, the methods of today's food producers are neither clean nor sustainable. The result is damage to our health, the environment, or both. So we decided to take a fresh look at food through the eyes of the people who spend their lives uncovering what's safe -- or not -- to eat. We asked them a simple question: "What foods do you avoid?" Their answers don't necessarily make up a "banned foods" list. But reaching for the suggested alternatives might bring you better health -- and peace of mind.

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