HEALTHY TIPS

Experts Warn: This Popular Ketchup Is Linked with Liver, Pancreas, Immune System & Brain Issues

By bestfolkmedicine · 28/06/2018 · 3 min read



Nowadays, there is a lot of talk about the dangers of consuming processed foods due to the dangerous toxins and chemicals present in them. This being said, more and more people turn to organic foods and homemade meals.

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In order to increase your awareness about the dangers of leading a diet full of processed and junk foods, we decided to present newly-found crucial information regarding a popular ketchup brand which has been linked with serious health problems with the brain, liver, immunity, and pancreas! This is the Heinz

Ketchup by the Heinz food processing company.

Why Is Heinz Ketchup not a Good Food Choice?

Believe it or not, this product contains one of the worst ingredients ever and it can significantly worsen your health. If you are still uncertain whether or not you should continue consuming it, make sure you check out what your favorite ketchup is actually made of! It definitely has everything but actual tomatoes…

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1. **High fructose corn syrup**

When metabolized in the body, it acts as sugar and since it is made with GMO corn, it is additionally detrimental for the health. It is known to elevate the blood sugar levels and may harm the liver too. Moreover, it has been associated with diabetes, poor immunity, and heart illness. It also has high amounts of mercury, a toxic metal which is known to have an adverse impact on the nervous system and brain. It can be particularly dangerous for children, so make sure they stay away from it.

2. **Distilled vinegar and sugar**

You will not just up your intake of sugar from the high fructose corn syrup present in this product, but also from the high amount of sugar added to it. Did you know that every tbsp of Heinz Ketchup supplies you with 4 grams of sugar!? When it comes to distilled vinegar, this is not the healthy type of raw vinegar. This one is manufactured from GMO corn and it is treated with pesticides and chemicals.

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3. **Poor on nutrients**

Heinz ketchup is completely absent from protein, minerals, vitamins, and fiber. It only contains 2 percent of vitamins A and C. So, when you consume it, you are depriving your body of important nutrients and filling it with dangerous chemicals.

Healthier Alternatives to Heinz Ketchup

If ketchup is a significant part of your diet, you should know that there are healthy, GMO-free and organic options. What's more, you can also make your own homemade ketchup. The ingredients are easily affordable and the recipe is easy to make. Let us take a look:

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You will need:

A cup of organic tomato sauce

½ tbsp of organic vinegar

3 tbsp of brown or coconut sugar

A pinch of cayenne pepper, ground cloves, all-spice, ground mustard, and cinnamon

A clean airtight container

A pot

Preparation: First, boil the tomato sauce until it thickens into a more paste-like texture. Then, add the spices, vinegar, and sugar and stir the content. Leave it to simmer for 3 more minutes and then remove the pot from the heat. Cover it and wait for it to cool down. Transfer it in an airtight container and keep it in the fridge.

Sources:

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