



EAT THIS NOT THAT...CONDIMENTS

The easiest way to change your eating habits is to eat the same type of foods, just higher quality versions.

EAT THIS	NOT THAT	COMPARISON
<p>Bubbies Kosher Dill Relish</p>  <p>Ingredients: Cucumbers, water, salt, garlic, dill, spices, mustard seed, calcium chloride</p>	<p>Heinz Sweet Relish Ingredients: CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, CABBAGE, DISTILLED WHITE VINEGAR, SALT, POTASSIUM SORBATE AND SODIUM BENZOATE (AS PRESERVATIVES), GUAR GUM, ALUMINUM SULFATE, XANTHAN GUM, DRIED RED BELL PEPPERS, POLYSORBATE 80, NATURAL AND ARTIFICIAL FLAVORS (INCLUDING CELERY), FD&C YELLOW NO. 5 AND FD&C BLUE NO. 1.</p>	<p>Bubbies – 8 ingredients Heinz – 15 ingredients</p> <p>The Heinz brand contains sugar in the form of corn syrup as well as gums which are corn-based products, white vinegar which destroys good bacteria in the gut, red pepper which is an inflammatory food, polysorbate 80 which is linked to cancer as well as nervous system and reproductive toxicity, not to mention the food dye which is also linked to cancer, allergies, asthma and hyperactivity in children.</p>
<p>Eden Organic Mustard</p>  <p>Ingredients: Organic Apple Cider Vinegar, Water, Organic Yellow Mustard Seed, Eden Sea Salt, Organic Turmeric, Organic Paprika, Organic Garlic.</p>	<p>French's Mustard Ingredients. Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor, Garlic Powder.</p>	<p>Eden – 7 ingredients French's – 9 ingredients</p> <p>Subtle but important differences. Apple cider vinegar helps to improve digestion of protein. White vinegar kills good gut bacteria. The body breaks down sea salt easier than regular table salt. Spice and natural flavour are catchall names that can include many different things. We don't know exactly what's in it so I prefer to avoid it as much as possible.</p>
<p>Eden Organic Brown Mustard - Jar Ingredients: Organic Whole Mustard Seed, Organic Apple Cider Vinegar, Water, Eden Sea Salt</p>		<p>Eden Brown Mustard - 4 ingredients</p> <p>Even better – fewer ingredients plus in a glass jar so no toxins from the plastic bottle can be absorbed into the mustard. Plastics can disrupt the endocrine system.</p>

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References:

1. <https://www.heinz.com/product/00013000001373>
2. <https://bubbies.com/products/kosher-dill-relish>
3. <https://store.edenfoods.com/yellow-mustard-organic-squeeze-bottle/>
4. <https://www.mccormick.com/frenchs/products/mustard/classic-yellow-mustard#:~:text=Ingredients,%2C%20Natural%20Flavor%2C%20Garlic%20Powder.>
5. Donsky, Andrea (2011). *Unjunk Your Junk Food: Healthy Alternatives to Conventional Snacks*. New York, NY: Gallery Books.