


EAT THIS NOT THAT...Sausage and Cheese

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>Brookers Meat – Chicken Breakfast Sausage</p> <p>Ingredients: Brooker's Chicken, sea salt, pepper</p> <p>www.brookersmeat.com - Can order online for pickup or delivery. Located in Schomberg.</p>	<p>Pillers Smoked Turkey Bites</p> <p>Ingredients</p> <p>Turkey, water, potassium lactate, salt, sugar, hydrolyzed corn protein, potassium chloride, spices and spice extracts, onion powder, dextrose, lemon powder, sodium ascorbate, garlic powder, smoke flavour, sodium nitrite, smoke. May contain egg.</p>	<p>Brookers Meat – 3 ingredients</p> <p>Pillers – 17 ingredients, 9 of which are either salt, sugar, corn based or a nasty preservative such as sodium nitrite, which when combined with stomach fluids is carcinogenic (ie. Having the potential to cause cancer)</p>
<p>Woolwhich Goat's Cheese</p> <p>Pasteurized goat's milk, Salt, Bacterial culture, Calcium chloride, Microbial enzyme. Contains: Milk.</p> <p>Best to buy white cheese to avoid the added colouring and shred yourself to avoid added starch and preservatives.</p>	 <p>Kraft Sharp Cheddar Shredded Cheese</p> <p>Ingredients: Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Color]), Modified Cornstarch Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor)</p>	<p>Goat's cheese is easier to digest than cow's cheese</p> <p>Woolwhich – 5 ingredients</p> <p>Kraft Singles Cheese Slices – 17 ingredients, including corn-based ingredients and isolated milk proteins, which are harder to digest. Annatto is a natural colour to which children in particular can be sensitive. It can cause skin, gastrointestinal, respiratory and nervous system symptoms.</p> <p>Kraft Sharp Cheddar Shredded Cheese – contains few ingredients but still corn starch and a preservative.</p>

References:

1. <https://www.pillers.com/products/sausage-snacks/pillers-turkey-bites-original-300g>
2. <https://www.woolwichdairy.com/en/products/goat-cheddar-and-mozzarella-cheeses-/goat-cheddar-cheese>
3. <https://www.walmart.com/ip/Kraft-Sharp-Cheddar-Shredded-Cheese-16-oz-Bag/43981979>

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