



AVOID These Foods
At The Grocery Store

*To Boost Your Health &
Well-Being*

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Is this a healthy food?

FoodSniffer Sniffs:

The Good:

This is a high protein food, yay.

The Bad:

Be careful, this has food colors

The Ugly:

Uh-oh this is high fat. High saturated fat in this one. This one may have gmo. Say no-no-no to high trans fat; High cholesterol, not cool; High sodium in this one, watch it. High calorie food, this one. Has natural and artificial flavors. This food has added sugars. Contains additives. Contains preservatives.

Manufacturer Description:

Stouffer's Satisfying Servings Salisbury Steak: Beef patty in a gravy seasoned with onions and macaroni and cheese, Real cheddar cheese and freshly made pasta, No preservatives, U.S. inspected and passed by Department of Agriculture,

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Stouffer's Satisfying Servings Salisbury Steak

F Score : [i](#) **2**

High fat & high sodium. Has trans fat. Likely contains gmo.

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Manufacturer: Stouffers

Score: 2

Allergen Info: Peanut-Free, Treenut-Free, Egg-Free

Diet Info: High Fat, High Saturated Fat, May have GMO, High Trans Fat, High Cholesterol, High Sodium, High Calorie, High Protein, Food Colors, Flavors, Has Sugar, Additives, Preservatives,

Ingredients: [i](#) Water, Cooked Beef, Blanched Macaroni (Water, Semolina, Wheat Gluten), Skim Milk, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Color), Cheddar Club Cheese (Cheddar Cheese [Cultured Milk, Salt, Enzymes], Water, Salt, Annatto Color), 2% Or Less of Soybean Oil, Modified Cornstarch, Onions, Soy Protein Concentrate (With Caramel Color) Bleached Wheat Flour, Onions (Onions, Soybean Oil), Sea Salt, Whey Protein Concentrate, Rendered Beef Fat, Worcestershire Sauce (Vinegar, Molasses, Water, High Fructose Corn Syrup, Salt, Anchovies, Tamarind, Spices, Natural

There are no reviews for this product. You could be the first to review!

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Product Tags

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Use spaces to separate tags. Use single quotes (') for phrases.

Flavor, Caramel Color, Onion Powder, Garlic Powder, Seasoning (Yeast Extract, Maltodextrin, Fermented Molasses, Flavoring, Salt, Tapioca Dextrin), Beef Flavor (Maltodextrin, Salt, Yeast Extract, Natural Flavor, Beef Extract, Rendered Beef Fat, Sesame Oil), Brown Sugar, Potassium Chloride, Caramel Color, Yeast Extract, Mono- & Diglycerides, Paprika, Dehydrated Soy Sauce (Soybeans, Salt, Wheat), Salt, Spice, Xanthan Gum, Flavor (Water, Flavor, Maltodextrin, Salt, Caramel Color, Less Than 2% of Lactic Acid, Enzyme Modified Cream), Beef Flavor (Dried Beef Broth, Maltodextrin, Salt, Flavoring, Disodium Phosphate, Grill Flavor [from Vegetable Oil]), Flavors may sound better than their presumably chemical-laden alternative — artificial Flavors — it turns out they are not actually all that different. Source: CNN.com -What are natural Flavors, really?>Smoke Flavor) Mushroom Flavor (Maltodextrin, Modified Cornstarch, Flavoring, Mushrooms, Safflower Oil, Potato Maltodextrin, Ascorbic Acid, Caramel Color, Citric Acid, Glucose), Cultured Whey, Guar Gum, Lactic Acid Blend (Lactic Acid, Calcium Lactate). Contains Milk, Soy, Anchovy, Wheat Ingredients.,

Nutrition info: Serving Size 453g, Servings Per Container 1 , Calories: 630 , Calories from Fat: 310, % Daily Value* , Total Fat: 34g, 52 , Saturated Fat: 14g, 70 , Trans Fat: 1.5g, Cholesterol: 100mg, 31 , Sodium: 1540mg, 64 , Total Carbohydrate: 41g, 14 , Dietary Fiber: 3g, 14 , Sugars: 6g, Protein: 39g, Vitamin A 0 Vitamin C 0 Calcium 30

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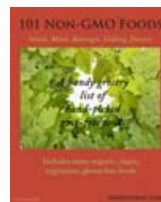
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Home / Pillsbury Dinner Rolls



Is this a healthy food?

FoodSniffr Sniffs:

The Good:

This one is vegan. And it is vegetarian. This is low fat, nice. Low saturated fat here is good.

The Bad:

This food is low fiber, try to get more fiber in your other foods.

The Ugly:

Watch out, this has trans fat ingredients. This one may have gmo. Has natural and artificial flavors. This food has added sugars. Contains additives.

Manufacturer Description:

Contains wheat ingredients.

Latest Reviews

There are no reviews for this product. You could be the first to review!

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Pillsbury Dinner Rolls

F Score :

Has gmos, colors, flavors.

Manufacturer: Pillsbury

Score: 2

Allergen Info: Lactose-Free, Dairy-Free, Peanut-Free, Treenut-Free, Egg-Free

Diet Info: **Trans Fat**, **Vegan**, **Vegetarian**, **Low Fat**, **May have GMO**, **Low Saturated Fat**, **Low Fiber**, **Flavors**, **Has Sugar**, **Additives**,

Ingredients: Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Water, Whole Wheat Flour Bleached, Sugar, Soybean Oil, Contains 2% or less of: Dextrose, Leavening (glucono delta-lactone, baking soda), Salt, Vital Wheat Gluten, Mono and Diglycerides, Partially Hydrogenated Cottonseed Oil, Natural Flavor, Artificial Flavor, Yeast, Xanthan Gum, Autolyzed Yeast Extract, Azodicarbonamide (dough conditioner), Enzyme.,

Nutrition info: 1 roll (40g)As Packaged, Calories: 100, Total Fat: 1.5g, 2%, Saturated Fat: 0g, 0%, Trans Fat: 0g, Cholesterol: 0mg, 0%, Sodium: 280mg, 12%, Potassium: 0mg, 0%, Total Carbohydrate: 20g, 7%, Dietary Fiber: 1g, 4%, Sugars: 3g, Protein: 3g, Vitamin A , 0%, Vitamin C , 0%, Calcium , 0%, Iron , 6%, Thiamin ,

[» Write A Review for Pillsbury Dinner Rolls](#)

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0%, Riboflavin , 0%, Niacin , 0%,
Folic Acid , 0%

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[Home](#) / [Lay's Stax Hot 'N Spicy Barbecue Potato Crisps](#)



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0 Reviews

Lay's Stax Hot 'N Spicy Barbecue Potato Crisps

F Score :  

Has preservatives, additives, sugar, trans fat.
Likely gmo.

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Is this a healthy food?

FoodSniffR Sniffs:

The Good:

This one is vegan. And it is vegetarian.

The Bad:

Be careful, this has food colors

The Ugly:

Watch out, this has trans fat ingredients. This one may have gmo. Has natural and artificial flavors. This food has added sugars. Contains additives. Contains preservatives.

Manufacturer Description:

Latest Reviews

There are no reviews for this product. You could be the first to review!

[» Write A Review](#) for Lay's Stax Hot 'N Spicy Barbecue Potato Crisps

Manufacturer: Frito-Lay

Score: 2

Allergen Info: Lactose-Free, Dairy-Free, Peanut-Free, Treenut-Free, Egg-Free

Diet Info: Trans Fat, Vegan, Vegetarian, May have GMO, Food Colors, Flavors, Has Sugar, Additives, Preservatives,

Ingredients:  Potato Flakes, Sunflower Oil, Unmodified Potato Starch, Sugar, Rice Flour, And Less Than 2% of The Following: Salt, Mono- And Diglycerides, Dextrose, Brown Sugar, Monosodium Glutamate, Maltodextrin, Corn Starch, Onion Powder, Modified Corn Starch, Tomato Powder, Chipotle Chili Pepper, Artificial Color (Including Yellow 5 Lake, Yellow 6 Lake, Red 40 Lake, Red 40, Blue 1), Partially Hydrogenated Soybean And Cottonseed Oil, Autolyzed Yeast Extract, Sodium Diacetate, Hydrolyzed Corn Protein, Soy Lecithin, Malic Acid, Molasses Solids, Citric Acid, Natural Flavor (Including Natural Extractives of Red Pepper), Disodium Inosinate, And DISODIUM GUANYLATE. Contains A Soy Ingredient.,

Product Tags

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Nutrition info: % Daily Value, Total Fat: 9g, 14, Saturated Fat: 1g, 5, Trans Fat: 0g, Cholesterol: 0mg, 0, Sodium: 190mg, 8, Total Carbohydrate: 15g, 5, Dietary Fiber: 1g, 4, Sugars: 2g, Protein: 1g

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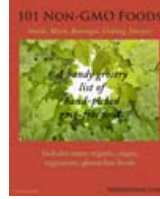
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Is this a healthy food?

FoodSniffer Sniffs:

The Good:

No trans fat is very good; And it is yeast-free.

The Bad:

This food is low fiber, try to get more fiber in your other foods.

The Ugly:

High saturated fat in this one. High cholesterol, not cool; Watch the high sugars here. This food has added sugars.

Manufacturer Description:

The mother of all cheesecakes, our all new New York Style Cheesecake is perfection on a pedestal.ξ Creamy and rich, this gluten-free marvel will literally melt in your mouth, bite after glorious bite!ξ Serve it as an exquisite dessert or anytime snack.

Latest Reviews

There are no reviews for this product. You could be the first to review!

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New York Style Cheesecake

F Score : [i](#) **2**

As expected, this is a high fat food. Do not gorge on it.

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Manufacturer: GlutenFreeda

Score: 2

Allergen Info: Gluten-Free (certified by manufacturer), Peanut-Free, Treenut-Free, Soy-Free

Diet Info: High Saturated Fat, No Trans Fat, High Cholesterol, High Sugar, Low Fiber, Yeast Free, Has Sugar,

Ingredients: [i](#) Cream cheese spread (cultured cream and milk, salt, xanthan gum, carob bean, guar gums), sugar, eggs, sour cream (grade A cream, enzymes), white rice flour, butter (cream, salt), sugarcane fiber, potato starch, cocoa, tapioca flour, vanilla extract, baking powder, sea salt,

Nutrition info: No

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» [Write A Review](#) for New York Style Cheesecake

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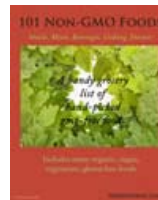
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Home / Pillsbury Strawberry Toaster Strudel



Is this a healthy food?

FoodSniffr Sniffs:

The Good:

The Bad:

This food is low fiber, try to get more fiber in your other foods. Be careful, this has food colors

The Ugly:

Watch out, this has trans fat ingredients. This one may have gmo. Has natural and artificial flavors. This food has added sugars. Contains additives. Contains preservatives.

Manufacturer Description:

Contains wheat, milk and egg ingredients.

Latest Reviews

There are no reviews for this product. You could be the first to review!

» [Write A Review](#) for Pillsbury Strawberry Toaster Strudel

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0 Reviews

Pillsbury Strawberry Toaster Strudel

F Score :

Has gmos, colors, additives.

Manufacturer: Pillsbury

Score: 1

Allergen Info: Lactose-Free, Dairy-Free, Peanut-Free, Treenut-Free

Diet Info: **Trans Fat, May have GMO, Low Fiber, Food Colors, Flavors, Has Sugar, Additives, Preservatives,**

Ingredients: Enriched Flour Bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Palm Oil, and/or, Soybean Oil, High Fructose Corn Syrup, Sugar, Maltodextrin. Contains 2% or less of: Corn Starch, Dextrose, Modified Corn Starch, Dry Yeast, Hydrogenated Palm Oil, *, Salt, Whey, Strawberry Puree, Baking Powder (baking soda, sodium acid pyrophosphate), Corn Syrup Solids, Citric Acid, Mono and Diglycerides, Sodium Citrate, Egg Yolk, Preservatives (potassium sorbate, Sodium Benzoate, , TBHQ, citric acid), Natural Flavor, Artificial Flavor, Xanthan Gum, Polysorbate 60, Guar Gum, Locust Bean Gum, Sorbitan Monostearate, Colored with (Red 40, artificial color, blue 1), Sucralose.*Adds A Trivial Amount Of Trans Fat,

Product Tags

Add Your Tags:

Use spaces to separate tags. Use single quotes (') for phrases.

Nutrition info: 1 pastry with icing (54g)As
Packaged, Calories: 170, Total Fat: 7g, 10%, Saturated Fat: 3g, 14%, Trans Fat: 0g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 2g, Cholesterol: 0mg, 0%, Sodium: 180mg, 7%, Potassium: 0mg, 0%, Total Carbohydrate: 26g, 9%, Dietary Fiber: less than 1g, 2%, Sugars: 9g, Protein: 3g, Vitamin A , 0%, Vitamin C , 0%, Calcium , 0%, Iron , 4%, Thiamin , 0%, Riboflavin , 0%, Niacin , 0%, Folic Acid , 0%

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Home / PEPITAS WICKED HOT CHIPOTLE



Is this a healthy food?

FoodSniffrr Sniffs:

The Good:

This one is vegan. And it is vegetarian. No trans fat is very good; Yes, low sodium here is good. Low carb here is great, go for it. Great, this is low sugar. And it is yeast-free.

The Bad:

This food is low fiber, try to get more fiber in your other foods.

The Ugly:

Uh-oh this is high fat. This one may have gmo. Has natural and artificial flavors. This food has added sugars.

Manufacturer Description:

Latest Reviews

There are no reviews for this product. You could be the first to review!

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PEPITAS WICKED HOT CHIPOTLE

F Score : i 1

Has added sugar, MSG, and may contain gmos.

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Manufacturer: Planters

Score: 1

Allergen Info: Gluten-Free (likely), Lactose-Free, Dairy-Free, Soy-Free, Egg-Free

Diet Info: **Vegan, Vegetarian, High Fat, May have GMO, No Trans Fat, Low/No Sodium, Low Carb, Low/No Sugar, Low Fiber, Yeast Free, Flavors, Has Sugar,**

Ingredients: i PEANUTS, CONTAINS 2% OR LESS OF: PEANUT OIL, AND/OR, COTTONSEED OIL, SUGAR, TOMATO POWDER, SEA SALT, CHIPOTLE PEPPER POWDER, BROWN SUGAR, SPICES, ONION POWDER, CORNSTARCH, GARLIC POWDER, PAPRIKA EXTRACT, Monosodium Glutamate (Flavor ENHANCER), CONTAINS: PEANUT. MANUFACTURED ON EQUIPMENT THAT PROCESSES TREE NUTS.,

Nutrition info: Serving Size: 28g, Servings per Container about 6, Amount Per Serving : Calories : 160, Calories from Fat: 120, Total Fat: 14g, 22%, Saturated Fat: 2g, 10%, Trans Fat: 0g, Monounsaturated Fat: 7g, Cholesterol: 0mg, 0%, Sodium:

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Product Tags

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80mg, 3%, Potassium: 200mg, 6%, Total Carbohydrate: 5g, 2%, Dietary Fiber: 2g, 8%, Sugars: 2g, Protein: 7g, Phosphorus : 10%, Vitamin A 2 %, Vitamin C 0 %, Calcium: 2 %, Iron 8 %

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0 Reviews



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