

7 Supermarket Foods to Avoid

Food Matters asked seven experts a simple question: “What foods do you avoid?” Here are some of their eye-opening responses:

Canned Tomatoes

An endocrinologist won't go near canned tomatoes -- the cans are lined with a resin containing BPA, and tomatoes are especially dangerous because their acid breaks the BPA down in dangerous amounts.

Conventional Beef

Conventional cattle are fed grain, corn and soy to make them fat, even though studies show that grass-fed beef is higher in important vitamins, minerals and heart-healthy, anti-inflammatory fats.

Microwave Popcorn

Perfluorooctanoic acid (PFOA) lines microwave popcorn bags, and when they are heated the compound, which has been linked to infertility, leaches onto the food.

Conventional Potatoes

Non-organic potatoes are heavily sprayed with herbicides, pesticides and fungicides -- many potato growers don't eat the potatoes they sell, but instead they grow their own separate plots without all the chemicals.

Farmed Salmon

Farmed salmon are stuffed into pens and fed chicken feathers and pellets. A scientific study on fish contamination showed high levels of carcinogens such as DDT and PCBs.

Conventional Milk

Dairy cows are fed growth hormones to maximize milk production, which results in increased incidence of udder infection and pus in the milk.

Conventional Apples

Apples are heavily and frequently doused with pesticides -- pesticides that have been linked to Parkinson's.

To find out more about these dangerous foods, click on the link below.

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