8 Salad Dressings to NEVER Eat
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Joel Marion
8 SALAD DRESSINGS TO NEVER EAT

Packed with vitamins, minerals, phytochemicals, and fiber, it’s no secret that a diet rich in vegetables is fantastic for your health, body composition, well-being, and longevity. According the United States Department of Agriculture, eating copious amounts of vegetables:

- Reduces the risk of heart disease, including heart attack and stroke;
- Protects against certain types of cancers;
- Reduces the risk of obesity and type 2 diabetes;
- Lowers blood pressure; and
- Helps decrease bone loss.

It’s also becoming increasingly clear that vegetable consumption may play an important role in weight management. In fact, in a study published in the journal *Nutrition & Diabetes*, researchers found that greater consumption of fruits and vegetables during weight loss efforts correlated to more weight and fat lost.

In addition, researchers have found that reduced-calorie diets including five servings of vegetables per day can lead to sustained weight loss, with associated reductions in cardiovascular disease risk factors. Further, consuming a higher proportion of calories as vegetables may support greater weight loss. According to the National Center for Chronic Disease Prevention and Health Promotion (CDC), there are multiple reasons why a diet higher in vegetables may help folks control energy balance and support healthy body weight management.

One way in which they do so is by helping you feel full. You see, research suggests that people may not limit what they consume based on calories alone. Specifically, feeling full (i.e., satiety) is a major reason that people stop eating. In other words, rather than the calorie content of food, the *volume* of food that is consumed at a meal is what
makes people feel full and stop eating. In fact, research strongly suggests that how much you eat daily is regulated by the weight of the food rather than by a certain number of calories. Researchers from Penn State have suggested that “energy density is a key determinant of energy intake in that cognitive, behavioral, and sensory cues related to the volume or weight of food consumed can interact with or override physiological cues associated with food intake.”

Energy density is defined as the relationship of calories to the weight of food (i.e., calories per gram). Foods like oils, bacon, butter, cookies, crackers, junk food, fast food, etc., are generally considered “high-energy-dense” foods (i.e., 4 – 9 calories per gram by weight); on the contrary, nearly all fresh vegetables (and fruits) are considered “low-energy-dense” foods (i.e., 0.0 – 1.5 calories per gram, by weight), as they tend to have a high water content and be a very good source of fiber, two important factors reducing energy density.

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**The #1 Worst Carb Ever (don’t eat this)**

At the link below, we’re going to let the cat out of the bag on what is undoubtedly the #1 WORST carb EVER, and how the money-hungry food industry is conspiring to sneak this nightmare carb into just about everything.

In the end, this extremely common carb wreaks havoc on your fat-storing hormones in a MAJOR way, and has even been shown to hamper memory, slow brain activity, and increase your risk of Alzheimer’s.

===> **The #1 Worst Carb EVER (don’t eat this)**

Along those lines, researchers have found that when folks consume low-energy-dense foods, they feel satisfied earlier and those feelings of fullness persist for relatively longer periods of time—even when eating fewer overall calories. In other words, diets rich in low-energy-dense foods like fruits and vegetables allow folks to eat more food, which leads to greater feelings of satiety.
In one study published in the American Journal of Clinical Nutrition, researchers from the University of Alabama found that feeling full is more likely to make an individual stop eating than the number of calories consumed. In the study, participants were permitted to eat as much as they wanted over the course of 5 days, and their menu options alternated from low-energy-dense to high-energy-dense foods. On the low-energy-density diet, folks ate 48% fewer calories (1570) before feeling full compared with the high-energy-density diet (3000 calories).\(^6\)

In another study published in the *American Journal of Clinical Nutrition*, researchers from the CDC found a clear association between dietary energy density, overall calorie intake, and body weight amongst over 7,000 study participants. Men and women who consumed a diet rich in low-energy-dense foods (e.g., vegetables) consumed between 275 – 425 fewer calories per day than did those folks who opted for more high-energy-dense foods; not only that, the men and women eating more low-energy-dense foods consumed upwards of 14 MORE ounces of food per day (that’s almost a pound).\(^7\) Not surprisingly, the folks who ate more low-energy-dense foods like vegetables had healthier body weights (i.e., lowest prevalence of obesity).

A number of other studies have confirmed these findings—diets rich in low-energy-dense foods like vegetables promote satiety (i.e., feelings of fullness and satisfaction), reduce hunger, and decrease overall calorie intake. What’s more, long-term studies have shown that low-energy-dense diets also promote weight loss. In fact, studies lasting longer than 6 months show that folks who eat more low-energy-dense foods experience THREE TIMES greater weight loss than people who simply opt to reduce calories.\(^8\)

As mentioned, vegetables also tend to be a very good source of fiber, and simply put, fiber is a nutrition all-star. Dietary fiber promotes a healthy digestive tract, regularity, improves carbohydrate management (e.g., slowed gastric emptying), promotes satiety, reduces calorie intake, and enhances weight loss.\(^9,10\)

Unfortunately, most people don’t consume nearly enough dietary fiber. According to American Dietetic Association, the average American consumes a paltry 15 grams of dietary fiber per day, only about HALF of the recommended daily intake.\(^11\) As you might have imagined, researchers have linked low fiber intakes to increased risk for diabetes and obesity.\(^12,13\)
Still not convinced that eating more vegetables can help you burn fat and lose weight? Well, there’s no shortage of evidence.

In a study published in the *American Journal of Clinical Nutrition*, researchers from Penn State University found that overweight women who focused on increasing their intake of low-energy-dense foods (i.e., fruits and vegetables) lost nearly 25% more weight over the course of one year compared to women who were instructed to follow a reduced-calorie diet alone. The women who focused on eating more fruits and vegetables ended up consuming MORE food (despite consuming fewer calories) and experienced greater satiety. The researchers concluded, “Reducing dietary energy density, particularly by increasing fruit and vegetable intakes, is an effective strategy for managing body weight while controlling hunger.”

**Eat this TWICE daily for accelerated fat loss**

At the link below, we’re going to show you the #1 fat-burning meal of ALL-TIME, and how by eating this simple meal twice daily, you can shed fat faster AND easier than ever before.

Even better, you can prepare this simple fat-melting meal in less than 60 seconds.

No, it’s not too good to be true.

==> The #1 Fat-Burning Meal (Eat this 2xs a day)

A number of other studies have found an inverse association between fruit and vegetable intake and body weight. In other words, folks who consume more of these low-energy-dense foods weigh less, and these studies demonstrate that advice to increase fruit and vegetable consumption is an effective strategy for weight management. Further, researchers from the University of Alabama have found that folks who eat more fruits and vegetables are better able to maintain their weight loss progress after achieving their goal weight.
In addition to being low-energy-dense foods packed with fiber and important micronutrients (e.g., vitamins and minerals), vegetables are also chockfull of important phytochemicals, which act as potent antioxidants that scavenge free radicals and reduce oxidative stress, a process associated with aging, inflammation, and obesity.\textsuperscript{18–20} In addition to their direct antioxidant protection, phytochemicals appear to have “anti-obesity properties” through their anti-inflammatory potential, their impact on carbohydrate and fat metabolism, and their effects on appetite control.\textsuperscript{21}

In one study published in the \textit{Journal of Human Nutrition and Dietetics}, researchers from the University of Florida examined the relationship between phytochemical intake (from plant-based foods like vegetables) on body weight and oxidative stress. 54 young, healthy participants were divided into two groups: normal weight and overweight-obese.

Despite the fact that the folks in both groups consumed about the same number of calories daily, the overweight-obese adults consumed fewer plant-based foods, and subsequently, fewer phytochemicals. What’s more, they also had higher levels of oxidative stress and inflammation than their normal-weight peers.\textsuperscript{22} According to lead study author Dr. Heather K. Vincent, “Diets low in plant-based foods affect health over the course of a long period of time. This is related to annual weight gain and high levels of inflammation and oxidative stress. Those are the onset processes of disease that debilitate people later in life.”

\section*{Good Thing Gone Wrong}

With all of the above in mind, it’s both prudent and pragmatic to incorporate plenty of vegetables in your nutrition plan when your goal is to optimize health \textit{and} fat loss, and along those lines, salads are one of the best ways to enjoy a variety of veggies in copious amounts. However, a good thing (i.e., salad) can easily go “wrong” by dousing it with any of the overwhelming majority of commercially-available salad dressings, which are typically loaded with cheap, health-derailing ingredients.

Experts estimate that throughout human history the optimal ratio for consumption of omega-6 fatty acids (e.g., linoleic acid) to omega-3 fatty acids (e.g., alpha linolenic acid, DHA, EPA) was about 1:1. With the contemporary diet, this ratio has shifted dramatically in favor of omega-6 fatty acids to 20:1.\textsuperscript{23}
30 second daily “trick” FLATTENS your belly

How would you like to flatten your belly in just 30 seconds a day?

Well, you CAN.

In fact, it’s almost ironic... this 30 sec trick is by far one of the most effective fat loss strategies our clients have EVER tried, and it’s also the easiest to implement.

Literally, just 30 seconds a day:

==> 30 second daily trick FLATTENS your belly

Researchers attribute this imbalanced intake of omega fatty acids to an increase in virtually all inflammation-related conditions including cardiovascular disease, diabetes, obesity, metabolic syndrome, irritable bowel syndrome, inflammatory bowel disease, rheumatoid arthritis, asthma, mood disorders, mental illness, autoimmune disease, and more.24 What’s more, excess omega-6 intake has also been shown to be associated with shorter telomere lengths and accelerated aging.25,26 On the contrary, diets rich in omega-3 fatty acids are associated with a reduced rate of telomere shortening.27

As a normal cellular process, telomere length shortens with age. However, accelerated telomere shortening is associated with early onset of many age-related health problems, including coronary heart disease, heart failure, diabetes, increased cancer risk, osteoporosis, and decreased lifespan.28

While omega-6 fatty acids are indeed important, a deficiency is nearly impossible, as you’ll get more than enough of these essential fats when you consume a diet rich in minimally-processed, nutrient-dense plant-based foods (e.g., nuts, seeds). While there are multiple explanations for this heavy imbalance of omega fatty acids—including a decrease in omega-3 fatty acid consumption from freshwater fish—researchers attribute this in large part to the ubiquity of refined vegetable oils present in the Western diet.29
As it pertains to the present discussion, store-bought salad dressings are one of the biggest offenders when it comes to industrial vegetable oils. Take a look at the list below, which includes the percentages of omega-6 and omega-3 fatty acids in common refined vegetable oils:

<table>
<thead>
<tr>
<th>Oil</th>
<th>Omega-6</th>
<th>Omega-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safflower</td>
<td>75</td>
<td>0</td>
</tr>
<tr>
<td>Sunflower</td>
<td>65</td>
<td>0</td>
</tr>
<tr>
<td>Corn</td>
<td>54</td>
<td>0</td>
</tr>
<tr>
<td>Cottonseed</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td>Soybean</td>
<td>51</td>
<td>7</td>
</tr>
<tr>
<td>Peanut</td>
<td>32</td>
<td>0</td>
</tr>
<tr>
<td>Canola</td>
<td>20</td>
<td>9</td>
</tr>
</tbody>
</table>

Among the most common oils used in store-bought salad dressings:

- Soybean oil
- Safflower oil
- Sunflower oil
- Canola oil

In addition to these cheap, highly refined, potentially harmful oils, you may be surprised to learn that many store-bought salad dressings also include sugar. As you can imagine, most people would benefit from eating less sugar, not more. In fact, folks in America and other developed nations are consuming upwards of 150 pounds of sugar per year.\(^{30}\)

It’s becoming increasingly apparent that consumption of refined carbohydrates (e.g., sugar) is closely related to obesity and various forms of chronic illness, including cardiovascular disease and diabetes. In fact, numerous studies have linked consumption of these highly processed carbohydrates to obesity.\(^{31,32}\)

According to Harvard researcher and professor of Nutrition and Epidemiology Dr. Frank Hu, “Refined carbohydrates are likely to cause even greater metabolic damage than saturated fat,” and “the time has come to shift the focus of the diet-heart paradigm away from restricted fat intake and toward reduced consumption of refined carbohydrates.”\(^{33}\)
Do you POOP enough?

Please excuse the somewhat personal nature of this excerpt, but the information we are about to share below is extremely important for both you and your digestive health.

You may not think that you’re constipated, but in reality, it is VERY likely that you ARE.

You see, constipation is not simply “not being able to go”, or only eliminating once a week...that’s severe constipation. The truth is, a healthy digestive system should be eliminating after every meal.

Are you moving your bowels several times a day, once for every meal you eat? If not, you are suffering from constipation, which will cause a buildup of toxins and undigested, rotten, putrid food in your digestive system.

This can make it much harder for you to lose fat while also wreaking havoc on your digestive system and overall health...really bad stuff. Just imagine all that rotted, disgusting food sitting there in your digestive system...yuck!

Fortunately, this can be corrected rather quickly, with a few simple steps:

===> 4 tips for healthy digestion and regular bowel movements

Along those lines, in a recent study, researchers analyzed nearly 90 years’ worth of data, and they found that “increasing intakes of refined carbohydrate concomitant with decreasing intakes of fiber paralleled the upward trend in the prevalence of type 2 diabetes observed in the United States during the 20th century.”

Perhaps even more disturbing is that the sugar in store-bought salad dressings often comes in the form of high-fructose corn syrup (HFCS). Researchers have linked HFCS
consumption to obesity and metabolic dysfunction (i.e., reduced carbohydrate tolerance and insulin sensitivity).\textsuperscript{35} HFCS, as well as other refined carbohydrates including sucrose, has been associated with fat accumulation and increased body weight, and some studies have found that HFCS may specifically lead to increased belly fat storage.\textsuperscript{36,37}

In one study published in the journal \textit{Pharmacology Biochemistry and Behavior}, researchers from Princeton University found that rats with access to HFCS gained significantly more weight than those with access to table sugar, even when their overall caloric intake was the same.\textsuperscript{37} The researchers concluded:

“This increase in body weight with HFCS was accompanied by an increase in adipose fat, notably in the abdominal region, and elevated circulating triglyceride levels. Translated to humans, these results suggest that excessive consumption of HFCS may contribute to the incidence of obesity.”

On top of cheap, inflammation-promoting oils and sugar, many commercially-available salad dressings contain a laundry list of \textit{artificial additives and preservatives}. \textit{Artificial sweeteners} are among the numerous artificial chemicals found in salad dressings. Emerging evidence suggests that artificial sweeteners may have a negative effect on the gut microbiome. In a study published in the \textit{Journal of Toxicology and Environmental Health}, Duke University researchers found that consumption of the artificial sweetener sucralose for 12 weeks altered the gut microbiome in rats by significantly reducing the amount of good bacteria (i.e., probiotics). Even after a 12-week recovery period, the number of beneficial microbes still remained significantly depressed.\textsuperscript{38}

In a recent study published in the journal \textit{Nature}, a team of researchers led by Dr. Eran Elinav from the Weizmann Institute of Science in Israel found that humans fed a commonly-used artificial sweetener (i.e., saccharin) for JUST 5 days demonstrated significant reductions in carbohydrate tolerance (i.e., glucose intolerance), as well as significant changes in the composition and function of their gut microbiome (i.e., gut dysbiosis).\textsuperscript{39}

This is important to note for numerous reasons. Gut dysbiosis describes the state of an unhealthy imbalance of bacteria in the gut flora, characterized by excessive levels of pathogenic bacteria, inadequate amounts of commensal and probiotic bacteria, and/or reduced bacterial diversity. Fundamentally, gut dysbiosis destroys the symbiotic
relationship between humans and microbes; in fact, gut dysbiosis has been linked to numerous human health issues.\textsuperscript{40–45}

In a study published in the journal \textit{Drug and Chemical Toxicology}, researchers found that long-term consumption of aspartame significantly reduced glutathione concentrations in the brain.\textsuperscript{46} Glutathione is known as the body’s "master antioxidant," and it plays a key role in the body’s antioxidant and detoxification systems. In this study, the researchers found that aspartame ingestion led to an imbalance in the antioxidant/pro-oxidant status in the brain, which is the definition of oxidative stress. Oxidative stress has long been thought to play a central role in biological aging (i.e., cellular senescence) and the aging of various tissues.\textsuperscript{47,48}

In a recent study published in the journal \textit{Redox Biology}, researchers connected aspartame to altered neural function and neurodegeneration. In this study, researchers from India found that long-term consumption of aspartame, a sugar substitute consumed by roughly 200 million people worldwide, significantly increased oxidative stress (e.g., reduced glutathione, increased free radicals) in the brains of rats leading to distorted brain function and to the death of brain cells.\textsuperscript{49}

Another ingredient that you’re likely to find in salad dressings is \textbf{monosodium glutamate (i.e., MSG)}, which can cause adverse reactions (e.g., headaches) in folks who are MSG-sensitive.\textsuperscript{50} What’s more, a number of studies have suggested a link between MSG and overweight/obesity.\textsuperscript{51,52} For example, in one study published in the \textit{American Journal of Clinical Nutrition}, researchers analyzed data they collected from over 10,000 healthy Chinese adults over the course of 15 years, and they found a positive correlation between MSG consumption and weight gain.\textsuperscript{53}

While the connection between MSG and weight gain is not entirely clear, researchers speculate that there may be a number of potential explanations. On one hand, it’s possible that this “flavor enhancer” leads to excess energy consumption by increasing palatability and damaging the brain’s ability to regulate appetite.\textsuperscript{54} Additionally, there’s some research that suggests that MSG may lead to resistance to the key fat-burning hormone leptin, and leptin resistance is closely connected with weight gain and obesity.\textsuperscript{55–57}
Due to exposure to an array of common foods, beverages, and over-the-counter medicines, 9 out of 10 people's guts have been infested with toxic, parasitic bacteria that is DESTROYING their health and making it virtually impossible for them to drop fat from their biggest problem areas...and that very likely means you.

Fortunately, there's a quick 2 minute "cleanse" that you can perform today, almost without thinking, to correct this dangerous imbalance. Just follow the simple steps given at this link:

===> 2 minute “cleanse” kills toxic parasites LIVING in your belly

Unfortunately, most manufacturers do not openly disclose that a product contains MSG, and it's not always as simple as looking for MSG on the label. With that in mind, the following are some common ingredients that may be "hidden" sources of MSG:

- Hydrolyzed vegetable protein (e.g., hydrolyzed soy protein)
- Natural flavors (a proprietary blend of ingredients that can include MSG)
- Seasonings (like natural flavors, a proprietary blend of ingredients that may include MSG)
- Maltodextrin
- Yeast extract

Putting It into Practice

Based on the sections above, you might have already formulated a list of the following "probable suspects" when shopping for a salad dressing:

- Vegetable oils (e.g., soybean, canola, safflower, and sunflower oils)
- Sugar (e.g., sugar, high-fructose corn syrup, corn syrup, fruit juice concentrate)
• Artificial sweeteners
• Artificial colors
• Artificial preservatives
• MSG (i.e., ingredients containing MSG)

With that in mind, the following sections will highlight some of the common “offenders” that you’ll find lining the grocery store aisles. Don’t worry; you won’t be left hanging, and you’ll also find some recipes for super-simple, delicious, and healthy salad dressings that you can make at home.

With that being said, bear in mind that, in the grand scheme of things, looking, feeling, and performing your best are all contingent on your entire body of “nutrition work”—not an individual food or single meal. In other words, there’s no “magic bullet.” Instead of viewing foods in isolation as “good” or “bad,” think about weight management and “deep health” as the product of practicing healthy eating habits, creating a positive food environment, and choosing high-quality, nutritious foods in appropriate amounts relative to your goals and activity levels regularly and consistently over time. Good nutrition takes practice, and just like getting better and mastering anything in life, it’s about progress—not perfection.

Start where you are and make small changes that you are ready, willing, and able to take on; focus on mastering those new behaviors one step at a time.

1. Fat-Free Salad Dressings

While it’s clear that certain oils commonly found in salad dressings are less than desirable, by no means is that to say that all fats are bad. Quite the contrary: Don’t fear the fat, especially when it comes to eating your veggies.

You see, more and more research has demonstrated that in addition to the micronutrients (e.g., vitamins and minerals) packed into vegetables, there are also important phytochemicals (i.e., plant chemicals) that are essential for
optimal physiological functioning. For instance, carotenoids, phytochemicals that are responsible for providing the dark colors of various plant foods, are potent antioxidants that combat oxidative stress, one of the most important factors mediating the deleterious effects of aging.18,19

Do THIS twice daily to burn BELLY FLAB

Exciting news to share with you today... There’s a new way to burn belly fat that has been shown in more than a DOZEN research studies to help you burn fat and slim your waist at an accelerated rate.

In fact, one breakthrough study showed that those who performed this belly-burning trick just twice daily burned 400% more fat than those who didn’t. Another study published in the Journal of International Medical Research showed that those using this powerful flab-burning trick lost 20% of their body fat in just 12 weeks. And get this... the trick takes less than a minute to perform!

Would you like to burn 400% more fat by using this quick, belly-busting trick just twice daily? We show you exactly how to do it here:

 ==> Do THIS twice daily to burn BELLY FLAB (takes less than 1 min)

Here’s where things get really interesting. Like some of the important micronutrients (e.g., vitamins A, D, E, and K) in vegetables, carotenoids (e.g., alpha- and beta-carotene, lycopene, lutein, zeaxanthin) are fat-soluble nutrients. In other words, dietary fat is necessary to ensure absorption of these health-promoting nutrients.

In a study published in the American Journal of Clinical Nutrition, researchers compared the absorption of carotenoids when participants consumed a salad dressed with a fat-free (i.e., 0 grams of fat), reduced-fat, or full-fat salad dressing rich in monounsaturated fats (e.g., olive oil). After consuming the salad with the fat-free dressing, the appearance of carotenoids in the bloodstream was negligible. That’s right, the participants literally absorbed NONE of the free radical-fighting nutrients.59 While
there was a relative increase in absorption of carotenoids when participants ate the salad with a reduced-fat dressing, "a substantially greater absorption of carotenoids was observed when salads were consumed with full-fat dressing."

In a study published in the *Journal of Nutrition*, researchers from The Ohio State University found similar results when they added avocado or avocado oil to salsa and salads. When avocado or avocado oil, both rich in monounsaturated fats, was added to salsa, the absorption of fat-soluble carotenoids was up to four times higher than when the salsa was avocado-free. If that’s not enough, **when avocado was added to salads, the researchers found that absorption of carotenoids was up to 15 times higher than when the salads were consumed avocado-free (i.e., fat-free).**

By now, you’re starting to see the picture, and recent research from Purdue sheds even more light on the types of fats that may be best for salads and veggies. In a 2012 study published in the journal *Molecular Nutrition & Food Research*, researchers found that salads topped off with olive oil (i.e., monounsaturated fats) led to significantly greater carotenoid absorption compared to soybean oil-based dressing. To make matters worse, as discussed in the introduction, soybean oil is rich in omega-6 fatty acids, which promote inflammation, particularly when they are consumed in excess of omega-3 fats.

“If you want to utilize more from your fruits and vegetables, you have to pair them correctly with fat-based dressings,” said Mario Ferruzzi, a Purdue associate professor of food science. “**If you have a salad with a fat-free dressing, there may be a reduction in calories, but you lose some of the benefits of the vegetables.**”

Don’t fear the fat. Pair your vegetables with healthy, whole food fats, particularly those rich in monounsaturated fats like extra virgin olive oil, olives, avocados, avocado oil, almonds, almond oil, macadamia nuts, and macadamia nut oil.
2. Vinaigrettes

At its most basic level, a vinaigrette is simply a combination of oil and vinegar (or lemon juice). This mixture can be further flavored with the addition of herbs and spices, and it is often combined with an emulsifying agent (e.g., Dijon mustard) to help prevent the oil and vinegar from separating.

Based on this definition of a vinaigrette, it’s easy to see how this would be considered a very healthy—if not outstanding—option as a salad dressing. This is particularly true when using a healthy, high-quality oil rich in monounsaturated fats (e.g., extra virgin olive oil, avocado oil, macadamia nut oil); however, as you can imagine, most manufacturers of commercially-available salad dressings opt for the cheaper, inferior refined vegetable oils (e.g., soybean oil, canola oil), which are rich in omega-6 fatty acids and contribute to the aforementioned omega imbalance.

Not only that, as you scroll through the list of ingredients on store-bought vinaigrettes, you’ll find sugar, corn syrup, high-fructose corn syrup, fruit juice (which is essentially another name for sugar), and maltodextrin, which is typically derived from corn (~90% of the corn grown in the United States is genetically engineered). Because of its chemical structure, it is hyped as a “complex” carbohydrate, and manufacturers can subsequently tout that their products contain “low-sugar” carbohydrates. The fact of the matter is that maltodextrin is a very easily digestible chain of sugar molecules, and it has a higher glycemic index than pure glucose.

As you continue on down the list, you’re also likely to find artificial colors, including Red 40, which, along with, Yellow 5 and Yellow 6, accounts for 90% of the dyes used in foods. These same three food dyes also contain benzidene, a known human carcinogen.

What’s more, at least four food dyes—including Blue 1, Red 40, Yellow 5, and Yellow 6—have also been found to lead to hypersensitivity reactions. While not true food allergies, these are allergy-like reactions that involve an immune response and can lead to a wide range of symptoms (e.g., auto-immune flare-ups, skin inflammation,
respiratory inflammation, headaches/migraines, mood issues, brain fog, etc.). The consumption of artificial food dyes has been linked to hyperactivity, neurotoxicity, and neurobehavioral changes, including low frustration tolerance, impulsivity, and inattention. In Europe, foods containing artificial colors must carry a mandatory warning stating that they “may have effects on activity and attention.”

Thus, while a vinaigrette in its truest sense can be a very healthy option, the overwhelming majority of store-bought vinaigrettes is just another example of a good thing gone wrong. Worry not, however, before the end of this report, you’ll learn how you can make simple, delicious, healthy vinaigrettes at home.

3. Ranch Dressing

Very few people would disagree that Ranch dressing is pretty darn tasty. Unfortunately, it’s an offender of every one of the issues pointed out at the beginning of this guide. In nearly every store-bought Ranch dressing, you’ll find soybean oil at the beginning of the ingredients list.

Remember, it’s refined vegetable oils that are in large part responsible for the dramatic imbalance of omega-6 fats consumed relative to omega-3 fatty acids, which some estimates have even suggested may have increased from a more balanced 1:1 ratio to as much as 30:1. In a study published in the American Journal of Clinical Nutrition, researchers from the National Institutes of Health estimated that the average individual’s consumption of soybean oil increased more than 1000-fold from the early 1900s to the beginning of the 21st century.

Why is this important? Well, these omega-6 fats compete with omega-3 fats for “parking spots” within the cell membranes of the body. It’s this dramatic increase in linoleic acid (a type of omega-6 fat) that has led to corresponding decreases of key omega-3 fats EPA and DHA. Along those lines, take a look at the laundry list of benefits associated with these two essential omega-3 fatty acids:
• DHA (and to a lesser extent, EPA) is effective at reducing blood triglycerides.71
• DHA may have a profound anti-inflammatory effect on LPS-induced pro-inflammatory cytokines (e.g., IL-6, IL-1 beta).72
• DHA may have a favorable effect on HDL particle size, and DHA increases HDL-C (i.e., “good” cholesterol) levels.71,73
• DHA is present in ALL organs, and it is the predominant omega-3 fatty acid found in the brain and retinal tissue.70,74
• DHA has been shown to accumulate in areas of the brain involved in memory and attention such as the cerebral cortex and hippocampus, and DHA has been specifically found to improve both memory and reaction time.75,76
• EPA (and to a lesser extent, DHA) reduces blood levels of Arachidonic Acid (AA), which is the primary mediator of cellular inflammation, perhaps through inhibition of the delta-5-desaturase enzyme, which produces AA.70,77
• The ability of EPA to increase the EPA/AA may play a role in cardiovascular health. A recent study found that higher blood levels of EPA were associated with lower incidence of major coronary events.78
• EPA levels may be closely correlated with mood disorders, and controlled human trials have shown a benefit with EPA supplementation.79
• EPA may also boost the effectiveness of standard anti-depressant medications while reducing associated insomnia and tempering the aggression associated with some conditions.80

If that wasn’t reason enough to put the kibosh on soybean oil-based salad dressings like Ranch, it’s also worth pointing out that nearly all (i.e., ~90%) of the soy grown in the United States is genetically engineered.63 While the topic of genetically modified organisms (GMOs) is both complex and controversial, this bears mentioning nonetheless.

If you manage to make it any further down the list of ingredients in your favorite Ranch dressing, after soybean oil you are likely to find sugar in some form or another. It may not be much, but as mentioned in the introduction of this guide, refined sugars like these add up, and the end product is an association with all kinds of health and metabolic issues. You’re also likely to find MSG.
4. Creamy Dressings

While Ranch can indeed be classified as a creamy dressing, this category also includes options like Caesar, French (i.e., Catalina), Russian, creamy Italian, creamy balsamic (and other vinaigrettes), blue cheese, seven seas, and more. Once again, the featured ingredient in this broad category is, you guessed it, soybean oil. Unfortunately, it doesn’t get much better, as you’re likely to find one or more of the following, which have already been discussed, as well:

- Sugar; in fact, in some cases, sugar may be the first ingredient listed.
- High-fructose corn syrup
- Maltodextrin
- MSG
- Artificial sweeteners
- Red 40, Yellow 5, Yellow 6

5. Thousand Island Dressing

Like Ranch, Thousand Island dressing also can be considered a creamy dressing. Not surprisingly, you’ll find many of the same offenders when you take a look at the list of ingredients, particularly:

- Soybean oil
- Sugar

Thousand Island is technically a mayonnaise-based dressing, and that leads to the next category.
6. Mayonnaise-Based Dressing

Did you know that mayonnaise is America’s favorite condiment? According to a recent in-depth analysis by Quartz, mayonnaise sales more than double that of ketchup ($2 billion versus $800 million). Why is this a problem? In its simplest form, mayonnaise is a combination of oil, egg yolk (an emulsifying agent), and either vinegar or lemon juice. The unfortunate reality is that the vast majority of mayonnaise is loaded with soybean oil. No need to beat a dead horse; you already know what that means, and it’s especially unsettling to know that this cheap, inferior oil is the heart of America’s top condiment.

There are a number of manufacturers attempting to use healthier oils. However, this can be misleading. Instead of replacing soybean oil with a healthier option (e.g., olive oil), they simply use both, which allows them to market the product as being made with olive oil. That being said, there are some manufacturers who are doing things the right way exclusively using healthier oils (e.g., avocado oil), which would indeed be a good option.

7. Italian Dressings

By now, you may have identified the overarching theme with these salad dressings: Cheap, refined vegetable oils that are packed with omega-6 fatty acids, which can promote inflammation particularly when consumed in excess of omega-3 fats. Well, store-bought Italian salad dressings are no departure.
Go ahead, take a look at the back of the bottle of your favorite Italian salad dressing. What’s the first ingredient? Most likely, it’s soybean oil (and/or canola oil), which has already been discussed in depth. Maybe your favorite Italian dressing advertises being made with olive oil, and perhaps it is indeed made with it. However, it’s also very likely that it is also made with vegetable oils (e.g., soybean, canola), and it’s also very likely that there’s more vegetable oil than olive oil.

If that’s not enough, as you look through the list of ingredients, you’ll find other “offenders” that have already been discussed, including sugar, maltodextrin, and artificial preservatives. In addition, another ingredient that is often found in Italian salad dressings is hydrolyzed vegetable protein (HVP).

HVP is typically made from soy, corn, or wheat gluten, and food manufacturers use HVP as a “flavor enhancer.” HVP is produced by boiling commodities such as soy, corn, or wheat in hydrochloric acid and then neutralizing the solution with sodium hydroxide. The acid breaks down the protein in vegetables into their component amino acids, one of which is glutamic acid. You may be more familiar with glutamic acid in the form of its sodium salt: Monosodium glutamate (i.e., MSG). In fact, HVP, which typically contains between 10 – 30% MSG, is one way that food manufacturers “hide” this ingredient.

8. Salad Dressing Packets from Fast-Food Restaurants & Salad Bars

Salad dressing packets from fast-food restaurants contain all of the health-derailing ingredients that have already been discussed (e.g., omega-6-rich vegetable oils, sugar, maltodextrin, MSG, artificial ingredients), but that’s not all.

Many of the salad dressing packets contain 50 – 100% more than the standard serving size, which is typically two tablespoons. That’s right, if you use the whole packet, which most people tend to do, you’ll potentially be consuming double the calories, double the cheap vegetable oils, double the sugar, double the artificial ingredients, and double the MSG.

So, if you make the effort to make the healthy choice to have a salad from fast-food
restaurant or salad bar, it’s also worthwhile to take a moment to read the labels on the salad dressing packets. You’ll not only want to keep an eye out for the “probable suspect” ingredients, you’ll also want to take a look at the serving size. As strange as it may seem, the number of servings in a “single-serve” packet is frequently more than one. With that in mind, consider packing your own container of salad dressing for occasions like this. They now make nifty little salad dressing containers that you can take with you for on-the-go purposes. Speaking of bringing your own salad dressing…

A Simple Solution

Now that you have a better understanding of what salad dressings not to eat, we’d be remiss if we didn’t give you a solution. Simply put, your best bet is to make your own salad dressings at home. Sure, there are many commerically-available salad dressings touting that they’re made with olive oil; however, take a closer look at the label to see what other oils (e.g., soybean, canola, safflower, sunflower) are used as well. As you review the ingredients on the label, also check to see what other additives (e.g., sugar, artificial sweeteners, preservatives, MSG, etc.) are included.

Again, your best bet will be to make your own salad dressing at home, and the great news is that you can make a variety of delicious dressings. Generally speaking, your best bet is a vinaigrette, which is simply a combination of oil and vinegar (or lemon juice). The classic formula is 1 part vinegar to 3 parts oil, but this can be tweaked based on personal preference. For instance, if you like a vinaigrette that’s more tangy, you might increase the amount of vinegar (2:3, 1:2, or even 1:1). This mixture can be further flavored with the addition of herbs and spices, and it is often combined with an emulsifying agent (e.g., Dijon mustard) to help prevent the oil and vinegar from separating.

With regard to choosing an oil, it’s pretty clear which oils not to use. That said, the following would be good choices for a homemade salad dressing (preferably extra virgin, cold-pressed):

- Olive oil
- Avocado oil
- Nut oils (e.g., macadamia, walnut, hazelnut, pecan)
- Sesame oil
With regard to choosing a vinegar, you also have a number of options:

- Balsamic vinegar
- Red wine vinegar
- White wine vinegar
- Apple cider vinegar
- Rice vinegar
- Fruit-infused vinegar (e.g., lemon, raspberry)
- Lemon juice

Remember, if you add some Dijon mustard (e.g., ½ to 1 tablespoon), it will help prevent the oil and vinegar from separating. From there, you can start to get creative with seasonings and other add-ins:

- Salt and pepper
- Italian seasonings (e.g., basil, oregano, rosemary, thyme)
- Crushed garlic
- Minced shallots
- Sun-dried tomatoes
- Roasted bell peppers
- Avocado (helps to make a naturally creamy dressing)
- Tomatillos and jalapeño peppers
- Chopped walnuts
- Minced anchovies
- Lemon or orange zest
- Grated ginger
- Greek yogurt (in place of mayonnaise)

As you can see, there are many, many options. Depending on the type of ingredients that you select, you can whisk together a simple vinaigrette by hand in a bowl, or with a more involved recipe, you might use a food processor or emersion blender. If you use a food processor, it’s a good idea to start with all of the ingredients except for the oil, which you will add to the mixture slowly and steadily to ensure a proper emulsification.
Do THIS before eating carbs (every time)

At the link below, we’re going to show you our #1 carb-fighting trick that you can use each and every time you eat carbs. This simple carb-fighting “ritual” is clinically proven to:

* Lower your blood sugar
* Increase insulin sensitivity
* Decrease fat storage
* Increase fat burning

Even better, you can perform it in just a few seconds...and it WORKS like gangbusters.

==> Do THIS before eating carbs (every time)
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