

[IMAGE]

Keeping It Clean

By Editorial Staff

On May 5th, Panera Bread published its "No-No List" of ingredients the chain will not use in its products. This list eliminates many artificial flavors, artificial colors and preservatives that are staples of the fast-food industry. "The company estimated 85 percent of the menu items reformulated without the ingredients on its list are in test or have been rolled out nationally. Reworked items will continue to be introduced in advance of the 2016 deadline, according to the company."

Eating whole, fresh, prepared-at-home foods is still the best way to ensure your body gets the balanced nutrients it needs, but it's encouraging to see more health- and safety-conscious companies making changes in the public interest. The next time you're on the go and need a quick bite to eat, keep Panera's "No-No List" in mind. You may want to give them your business, rather than companies who continue to produce meals filled with artificial ingredients, chemicals, etc.

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