

Truth About Non-Organic Processed Food



The purpose of this message is to give you information that will increase your knowledge on why it is very important to ask for God's guidance and inspiration about continuing to eat non-organic processed foods

Ultra-Processed Foods Banned From California School Lunches

On October 8, 2025, California passed the first-in-the-nation law to phase out harmful ultra-processed foods from public school lunches starting in 2028 & eliminating them by 2035

These harmful ultra-processed foods are processed foods that are high in saturated fats, sugar and salt, colors, flavors, stabilizers and preservatives

Little or No Nutrition Value

These harmful Ultra-Processed foods offer little or no nutritional value and are linked to health problems including higher risk of heart disease, type 2 diabetes, **obesity, and developmental harms**

California politicians are finally being honest... and telling us how harmful our processed foods have become today

Let's Be Really Honest

If politicians were really concerned with nutrition and health of the people, this law would have been passed a long time ago to protect all people and not only the children in public schools starting in 2035

Brethren... processed foods were developed by food manufactures to promote convenience, taste, long shelf life, and a lot of profit.

World Health Problem

You, me and the rest of the world's population have been eating harmful processed foods, for a long time

It's no wonder that so many people today have health problems.

96% of the world population have health problems

Obesity is a Serious Problem

According to CDC during the years 2017 to 2020

41.9 percent of the U.S population over 20 years old were obese and 9.2 percent were severely obese

This is a total of 51.1 percent... and it does not include people overweight and on their way to becoming obese

Obesity is defined as having a body mass index (BMI) of 30.0 or higher and Severe obesity is defined as having a (BMI) of 40.0 or higher.

Obesity is Linked to Health Problems

According to the CDC

Being overweight or obese is a chronic condition that increases the risk of high blood pressure... diabetes... heart disease... stroke... and 13 types of cancer

In an upside-down society, nutrition is not as important to food manufacturers as convenience, taste, a long shelf life and profit

Some Examples of ultra-processed foods

Snacks: Chips, cookies, crackers, and candy bars.

Beverages: Sugary soft drinks and energy drinks.

Ready-to-eat and frozen meals: Packaged pizzas, frozen dinners, and instant noodles.

Processed meats: Hot dogs, Turkey Bacon & Turkey Sausage, and Chicken nuggets.

Mass-produced baked goods: Packaged breads and many commercial breakfast cereals

(GRAS) Generally Recognized As Safe

According to the FDA, Food manufacturers are required to list all ingredients in the food, **unless ingredients are subject to a GRAS exemption**

****Unfortunately,** the FDA GRAS program has loopholes that allows companies to add new, potentially harmful additives to processed foods & drinks, without undergoing the FDA's safety review, and without listing them as an ingredient**

GRAS Safety Concerns

According to the FDA The GRAS system allows manufacturers to self-affirm that ingredients are safe

Some GRAS ingredients are known to have safety concerns, such as BHA and BHT, which are antioxidants

Risks associated with their use include potential endocrine disruption, organ toxicity, and an increased cancer risk in animal studies

Remember The Goal



The goal of most food manufactures that make non-organic processed foods, is not nutrition, its convenience, taste, a long shelf life, and a lot of profit

Good News about Organic Foods

Organic processed food is not regulated by the inadequate FDA's GRAS program

Instead, it falls under the USDA's National Organic Program (NOP) for its "organic" claims and labeling

The NOP is a separate legal entity and it's more stringent

Eat Organic Processed foods

Corn Dogs Recalled

In October 2025, the FDA recalled nearly four million pounds of Chicken Corn Dogs

Batches contained dangerous wooden fragments embedded in the batter

This is not the first time, 58 million pounds of corn dogs were recalled earlier in the year



16 Brands of Cinnamon Recalled



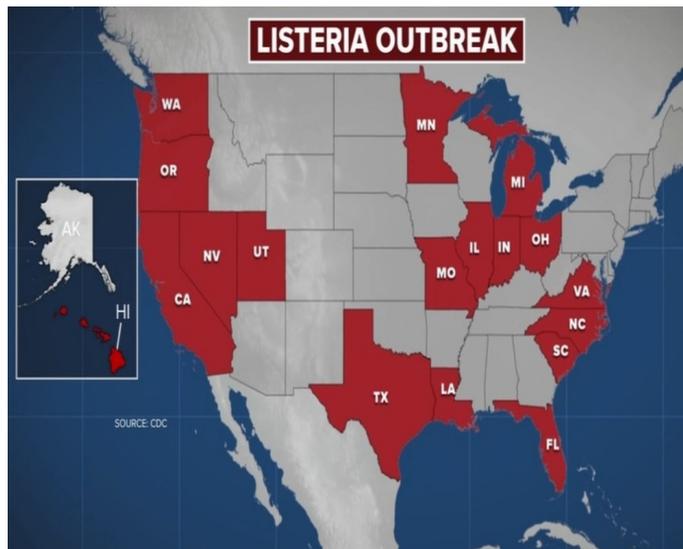
In October 2025, the Food and Drug Administration recalled up to 16 Brands of Cinnamon due to high levels of Lead

Ben's Original Rice Recall

In October 2025, the FDA announced the recall of Ben's Original rice products due to the presence of small stones that would cause oral or digestive tract injury when consumed



Deli Items with Bowtie Pasta Recalled



The Bowtie Pasta was supplied by Fresh Creative Foods and contaminated with Listeria, a harmful bacteria

The contaminated food included ready-to-eat meals and pasta salads.

The food was sold across stores in 15 states and cause severe illness

Total Food & Beverage Recalls in 10 Months

According to the FDA... there have been more than 226 food and Beverage recalls in the first ten months of 2025



1. Most Processed Foods are Harmful

Most processed foods are void of nutrients... and are high in saturated fats, sugar, salt, colors, flavors... stabilizers... preservatives and other harmful chemicals

These harmful chemicals are linked to health problems including higher risk of heart disease, diabetes, obesity, cancer and developmental harms in people

2. Gain Knowledge About Processed Foods

It's very important to start gaining knowledge about today's non-organic processed foods and fast foods

By educating ourselves about what goes into our food, we can make better informed decisions... that lead to healthier outcomes



3. Eat More Nutritious & Healthy Foods



It's very important to stop eating non-organic processed and fast foods and start eating more nutritious & healthier foods

Conclusion With Food for Thought

Paul said in first Corinthians 10:31 “Whether you eat or drink, or whatever you do, do it all for the glory of God.”

God designed our bodies to heal itself, and if we stop eating unhealthy processed foods and fast foods, and start eating nutritious and healthy foods, our bodies will begin to heal

More Food For Thought

- 1. The society & world we live in is not only upside down, it's made by man and not God**
- 2. God's future Saints should strongly consider eating food as natural as possible, just as God created them**
- 3. Some of the information in this message might make you feel uncomfortable... however the information "is what it is"... and its accurate and true**
- 4. Brethren... It's time to do the right thing**