14 Things You Don't Know About Your Groceries

Categories: General

This is one of those posts containing information that you probably don't want to know, BUT you probably should know so you can make informed decisions about your groceries and where you do your food shopping.

For example, information on how some foods contain MSG, even when they state no MSG - a sneaky little tactic using naturally synthesized MSG... Also, you may not want to read this if you like hot dogs! Check out what's going on with some of the groceries you enjoy...

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(Photo from: qmnoric)