



CARIE LISA METHOD

Food & Nutrition

10 Hidden Trigger Foods That Might Be Sabotaging Your Health

Have you ever cleaned up your diet, ditched the junk, and still felt off?
You're not alone—and you're definitely not crazy.

The truth is, even so-called “healthy” foods can sneak in ingredients that trigger bloating, fatigue, skin issues, brain fog, and more. Your body is trying to communicate with you—symptoms are signals, not random.

HERE ARE 10 COMMON CULPRITS:

- 1. Natural Flavors**
Sounds harmless, right? But “natural flavors” are a vague, unregulated mix of chemicals, preservatives, and additives. They're in everything from sparkling water to protein bars—and they're not as natural as they sound.
- 2. Gums (Xanthan, Guar, Locust Bean)**
Common in nut milks and gluten-free baked goods, these thickening agents can cause bloating, mucus buildup, and gut irritation—especially if you already have a sensitive digestive system.
- 3. Vegetable & Seed Oils**
Soybean, canola, corn, and sunflower oils are highly processed and can trigger inflammation. They're found in salad dressings, sauces, and “health” snacks—read your labels!
- 4. Gluten-Free Packaged Foods**
Don't let the label fool you. Many gluten-free items are loaded with binders, gums, starches, and sugars that can still irritate your gut.
- 5. Carrageenan**
This seaweed-derived thickener is found in dairy alternatives and even some organic products. It's been linked to inflammation and digestive distress.
- 6. Soy Lecithin**
Widely used in chocolate, snacks, and supplements, soy lecithin can be a hidden source of soy allergies or sensitivities—and it's often genetically modified.
- 7. Citric Acid**
This preservative (often from GMO corn) is added to many “healthy” drinks and snacks. It can trigger mouth sores, reflux, or histamine reactions for some.
- 8. Protein Powders**
Whey, casein, and even some plant-based proteins are packed with artificial sweeteners, gums, or flavor enhancers that can disrupt your gut.
- 9. Sugar Alcohols (Erythritol, Xylitol)**
Used in keto and low-sugar snacks, these sweeteners can cause gas, bloating, and diarrhea in sensitive individuals.
- 10. Spices with Additives**
“Spices” on an ingredient label may include anti-caking agents or MSG derivatives. Opt for single-ingredient organic spices when possible.

Listen to your gut!

DAILY FOOD TRIGGER TRACKER

Track your meals and symptoms to uncover hidden food sensitivities.

DATE:

TIME	FOOD & DRINK CONSUMED	NOTICED SYMPTOMS	ENERGY (1-5)	MOOD (1-5)	NOTES

- Food & Drink Consumed: Be specific—include brands, sauces, dressings, and anything “natural” or “flavored.”
- Noticed Symptoms: Bloating, headache, fatigue, mucus, skin rash, etc.
- Energy Level: Rate 1 (sluggish) to 5 (energized)
- Mood: Rate 1 (irritable/anxious) to 5 (calm/clear)
- Digestion: Check if it felt normal, or mark **X** if there was discomfort.
- Notes: Add anything else—e.g. “woke up bloated,” “ate out,” “new protein bar,” etc.