



# Citizens for Health

FOUNDATION

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## *Blueberry Deception*

Beware. While the word “Blueberry” may appear on packaged food labels, recent online videos and blog articles have revealed that many “Blueberry” muffin mixes, breakfast cereals and pastry products found on grocery store shelves have absolutely no blueberries in them at all. Instead of blueberries, Kellogg's Frosted Mini-Wheats Blueberry Muffin Cereal contains something called “blueberry flavored crunchlets,” which consist of sugar, corn cereal, soybean oil, modified cornstarch, water, glycerin, corn syrup, red #40 Lake, blue #2 Lake, as well as “natural and artificial blueberry flavor.”

Even with the word “Blueberry” in its name, there is absolutely no mention of either blueberries (or pomegranates for that matter) in the ingredients panel of General Mill's Total Blueberry Pomegranate Cereal.

It pays to read labels. Betty Crocker Blueberry Muffin Mix is filled with imitation and blueberries artificial flavors. No blueberries whatsoever can be found in this product. Smucker's Snack'n Waffles Blueberry contains a new food called “blueberry bits.” They may be “bits,” but they sure aren't blueberries.

You can look forward to some blueberry puree in Kellogg's Special K Blueberry Cereal, but everything else is artificial: “blueberry flavored clusters,” and “blueberry flavored bits,” along with artificial colors (red #40 lake, blue #2 lake) to give it a realistic blueberry look.

For more information see ...

[www.naturalnews.com/031053\\_General\\_Mills\\_Total\\_cereal.html](http://www.naturalnews.com/031053_General_Mills_Total_cereal.html)

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*For 21 years Citizens for Health have been a powerful voice for those who believe Americans have a fundamental right to the pursuit of natural health alternatives — choices other than ingesting Big Pharma drugs, eating genetically modified foods, and drinking fluoridated water.*

*Partner with us as we make our voice heard! Your tax-deductible donation will help educate — and motivate — our fellow citizens to be aware of health choices, and the threats to curb them.*