THE GOOD FOOD FIGHTER
We are raising our forks and taking action! We are fighting for whole. Fighting for real. Together, we can change the harmful to healthy.

WHAT IS THE GOOD FOOD FIGHT?
Life Time Foundation is launching a new movement that’s about cleaning up the mess that results from the Harmful 7.

1. Trans Fats & Hydrogenated Oils
2. High-Fructose Corn Syrup
3. Hormones & Antibiotics
4. Processed & Artificial Sweeteners
5. Artificial Colors & Flavors
6. Artificial Preservatives
7. Bleached Flour

The reality is that eliminating the Harmful 7 isn’t going to be easy; but it can be done with the support of parents, students, teachers, and school leaders who are willing to join us and have fun doing it.

Make no mistake, this is a fight, but let’s make one thing clear, we are not fighting our school districts. In fact, school districts are our powerful allies and tremendous partners. When we all come together, change is possible. By being passionate and insistent, and by emphasizing the benefits of clean, whole foods for everyone, we can bring more and more people on board to successfully eliminate the Harmful 7.
WHY IT MATTERS

Eating the Harmful 7 today can lead to a host of health problems tomorrow.

Obesity
Type 2 Diabetes
High Blood Pressure
High Cholesterol
Increased Cancer Risk
Anxiety
Learning Disabilities
Limited Attention Spans
Hyperactivity
Heart Disease
Depression
Behavior Problems

By eliminating the Harmful 7, we are left with what is real, whole and natural.

HOW YOU CAN HELP

Educate.

Learn about the Harmful 7 through our resources and eliminate them from your own diet.

Advocate.

Spread the word and share our mission through the tools provided on our site.

Donate.

100% of your donation goes directly to our mission to help schools eliminate the Harmful 7.