

Medical Minute

We all love snacks. We all eat snacks. Some of us treat snack foods as a major food group. Not naming names. (It's me. I'm naming me.)

Consumer Reports recently tested more than 120 snack foods and found that nearly two-thirds contained additives associated with increased risks of cancer, heart disease, and diabetes. Honestly, I was having a perfectly nice day before learning that.



One of the worst offenders? Hostess donettes Powdered Mini Donuts. This feels personal. I love these little powdered circles of happiness!

According to the report, they contain a probable carcinogen at nearly 19 times the amount considered safe for daily consumption. Nineteen times! Excuse me while I grieve.

Also showing up for the lineup: Jell-O Zero Sugar Chocolate Instant Pudding, Crunchy Flamin' Hot Cheetos, and Takis Fuego, thanks to elevated levels of Red 40, a dye associated with DNA damage. Wonderful, so not only are my snacks unhealthy, but they are also now attacking me at the cellular level.



The good news? Experts say you're not in immediate harm or danger if you've eaten these foods. Whew. That's all I needed to hear. Pass me the donuts, I can finish the bag.

The chemist who oversaw the testing says these snacks shouldn't be a regular part of your diet. If you absolutely must eat them, it should be only very occasionally... if at all. This is devastating. Please respect my privacy during this difficult time.