

13 "INNOCENT" FOODS TO EAT AT YOUR OWN RISK

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We all know that it's risky to eat food that's been left out on the counter for way too long. But there are some seemingly innocuous foods that can potentially be way worse.

If there's one area where ignorance is certainly not bliss, it's our food choices. And there's nothing worse than thinking you're making wise food choices only to discover you're putting your well-being at risk. To find out about surprising foods that pose a threat, we dug through the research and turned to the experts for which items might deserve a side eye. After you've learned about some lesser-known risky foods, brush up on these 30 Healthy Foods You Better Eat in Moderation, too!

13 PEANUT BUTTER



"Most peanut butter is filled with ingredients like corn syrup and hydrogenated oils—it's like a tub of peanut-flavored Crisco," Dr. Gabrielle Francis. "If you must eat peanut butter, buy an all-natural variety or go to a store where you can grind it yourself—but try to make the switch to all-natural almond butter." How come? Well, peanuts can also be a source of a toxic mold that produces aflatoxin (a cancer-causing carcinogen). The mold grows while the peanut is in the hull due to moisture and can also result in inflammatory reactions. If you love PB, then see where your favorite jar falls on our list of The Top 36 Peanut Butters—Ranked!