

What Foods should we avoid to stay Healthy?

Many people ask me what are the best ways to stay healthy. That is a question that takes some time to answer correctly. Yet if I had to give someone a starting point I would definitely start with What Foods to Avoid.

There are lots of good foods to eat and that is also an important topic...for this blog I will focus on the bad foods as a reminder of how our diet, the food we eat, is the main cause of most illness and disease.

The typical American Diet is High in 3 things -

- 1) Refined sugar
- 2) Hydrogenated and refined oils
- 3) Chemicals and preservatives.

This addition to our diet has been more-or-less in the last 60 years...and unfortunately has had a huge effect on illness and obesity.

The Number #1 Food category that you should avoid as much as possible is....

1) PROCESSED & JUNK FOOD - Most people know that most Fast Food is Junk Food. Avoid it as much as possible! Any food that has chemicals, preservatives, hydrogenated & refined oils and refined sugar is not good for you! Unfortunately there are many foods that are labeled "healthy" or "natural" foods that are junky....be aware and limit what you buy. Look at the list of ingredients...if you see chemicals, high sugar, dyes or coloring, hydrogenated or refined oils then Avoid it!

2.) AVOID THE PROCESSED "WHITE DEVILS" - That is white processed flour products, most processed wheat products, white bread, pasta, white rice, many crackers and cereals, pizza, etc...Again these products are processed...high in sugar and unhealthy carbohydrates...low in nutrients. The less you eat of these the better for your health!

3.) AVOID REFINED SUGAR PRODUCTS - Refined sugar is processed and chemically does your body much damage. Refined sugar also includes soda, dressings, bbq sauce and many “natural” high sugar juice products. High Fructose Corn Syrup is added to so many foods...salad dressing being a good example. Having a good salad with processed high sugar dressing? You basically take away the benefits! Sugar gives energy, but does so at a price...empty calories, no nutrition. Refined sugar is considered “poison” by many nutritionists...it simply does not offer any benefits.

And last important tip...even though this is not a “food” but a habit...

4) DO NOT SUPER SIZE MEALS - Eat smaller meals...snack if your are hungry. This includes Natural Foods also. The American diet has supersized so many things...everyone thinks they are getting a bargain...that being “full” means that they are taking care of themselves. It simply is not true. Eat smaller portions...do not supersize...especially in your evening meal, where you usually don’t even have a chance to burn off the calories.

Okay, that is enough for this article. I hope this information was a good reminder of some important rules. Want to stay healthy? Follow my tips and avoid these foods and you are on the right path!

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To your health!

Brian M Heater

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