

FOODS TO AVOID

When we think about foods to avoid what's the first thing that comes to mind?

- **Candy**
- **Chips**
- **Soda**

This is my top ten list of foods to avoid

1. Bread made with refined bleached flour, commonly referred to as white bread.
2. Soda – regular or diet
3. Hydrogenated oils, i.e. margarine
4. Deep fried food
5. Processed meats, i.e. bacon, hot dogs, lunch meats
6. Processed baked goods, cup cakes, cookies... very high in trans fats
7. Saturated animal fats, i.e. fatty meats – pork chops, chuck steaks/ground chuck, full fat dairy products
8. High sugar, low fiber breakfast cereals, i.e. frosted flakes, coco puffs.
9. Canned soups and instant noodle cups, very high in sodium, artificial colors and flavorings.
10. Movie theater popcorn, high in trans fats, and sodium