



# The Five Worst 'Foods' You Could Eat.

Are there really any "bad" foods or only foods you should eat in moderation? Well, there could be!. The following foods are so bad for your body that it is hard to find any reason to eat them at all, except of course for the taste. Not only do they have very little nutritional value, but they also give your body an unhealthy dose of toxins, which should make the idea of eating them really hard to swallow!

## Doughnuts

Doughnuts are primarily fried, full of sugar and white flour, plus large amounts of trans-fat. Store-bought doughnuts are made up of about 35 percent to 40 percent trans-fat. 'Trans-fats' are a dietary villain because they boost levels of 'bad' cholesterol while also lowering the "good" HDL cholesterol in our blood, thereby promoting heart disease. They are made by pumping hydrogen into food oils to promote their shelf-life and useful consistency. They have become popular in the food industry and are common in commercial baked, deep-fried and snack foods.

An average doughnut will give you about 200 to 300 calories,(1/4of daily intake) mostly from sugar and bad fat with few other nutrients.

Nutritionally speaking, eating a doughnut is one of the worst foods you could choose for a quick snack or treat. It will imbalance your blood sugar giving you a quick hyper-glycaemic spike, but like throwing a cup of petrol on a fire, the energy won't stay with you so you'll be hungry again soon. You are better off eating sushi or having a [green smoothie](#).

## Soft drink

One can of soft drink has about 5 to 7 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine and phosphoric acid (for Coke), and is loaded with artificial food colors and sulphites. Not exactly a healthy drink! The diet varieties are also problematic as they are filled with harmful artificial sweeteners, like the cancer linked aspartame. Plus, drinking all that sugar will likely suppress your appetite for healthy foods, which pave the way for nutrient deficiencies.

Studies have linked soft drinks to osteoporosis, obesity, tooth decay and heart disease. The average volume of soft drink consumed annually by children and adults has increased from 47 litres per person in the 1970s to a current average of 133 litres per person per year in 2009. Australian Beverages Council 2010.

Soft drink consumption among children has almost doubled in Australia over the last decade, which is not surprising considering that many school hallways have soft drink filled vending machines.

Schools often make marketing deals with leading soft drink companies such as Coca-Cola from which they receive commissions--based on a percentage of sales at each school--and sometimes a lump-sum payment, in exchange for their students' health! School vending machines can increase the consumption of sweetened beverages by up to 50 or more cans of soft drink per student, per year.

If you routinely drink soft drink --regular or diet--eliminating it from your diet is one of the simplest and most profound health improvements you can make.

## **French Fries (and Nearly All Commercially Fried Foods)**

Potatoes are bad enough when consumed in their raw state, as their simple sugars are rapidly converted to glucose that raises insulin levels and can devastate your health. But when they are cooked in trans-fat at high temperatures, all sorts of interesting and very unpleasant things occur.

Anything that is fried, even vegetables, have the issue of trans-fat and the potent cancer-causing substance acrylamide.

Foods that are fried in vegetable oils like canola, soybean, safflower, corn, and other seed and nut oils are particularly problematic. These polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils, when oxidized, can actually cause aging, clotting, inflammation, cancer and weight gain.

It is theoretically possible to create a more "healthy" French fry if you cook it in a healthy fat like virgin coconut oil. Due to its high saturated fat content, coconut oil is extremely stable and is not as damaged by the higher temperatures of cooking. This is why oils with a high temperature fume point like coconut, macadamia, peanut oil and ghee, should be the oils of choice for home cooking.

One French fry could be as potentially damaging for some people as a cigarette!

## **Crisp Chips**

Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans-fat. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans-fat.

However, the high temperatures used to cook them will potentially cause the formation of carcinogenic substances like acrylamide and denature the molecular structure. This risk remains even if the trans-fat is removed.

## **Fried Non-Fish Seafood**

This category represents the culmination of non-healthy aspects of food. Fried farmed prawns, seafood extender, processed seafood "bites" and so on, have all the issues of trans fat and acrylamide mentioned above, plus an added risk of mercury.

Seafoods from some imported locations can have high levels of toxic mercury, growth hormones and pollutants. And shellfish like prawns can be contaminated with parasites and resistant viruses that may not even be killed with high heat. These creatures, considered scavenger animals, consume detritus and other carrion that drops to the ocean floor or aquaculture pen. In a pristine environment that may be tolerable, but in polluted areas the risk of accumulated toxins, parasites and viruses is high.

The science is all there to back up all the examples in this article, but it seems as though these nutritional issues may be "too big" for even governments to stand up against the powerful food multinationals, and even educate us about these dangers.

Sorry for spoiling your next "Fish and Chips".

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