

EATWRIGHT E-BOOK

12 'Healthy' Foods to Avoid

Advice for the Confused...

BY LEONIE WRIGHT

A lot of people I speak to believe that they eat healthily. But is that really the case? When I ask them to tell me what they eat it often turns out that the foods they consume are not healthy at all. And I can't blame them. It's very confusing to know which foods are good for you and conflicting information in the media only adds to the confusion.

We are often seduced into buying products by believing what it is claimed on the packaging and thinking we are purchasing food that is healthy for us. We have all seen those products promising a drop in dress size in two weeks, helping to lower cholesterol level or blood pressure, and products that are beneficial to the gut etc. But are they as beneficial as they seem and should we believe all those packaging claims?



Leonie Wright, Nutrition Advisor & Founder of EatWright

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Choices...

Is it better to have orange juice or an orange?

Is it better to buy low fat yoghurt or full fat?

Is it better to have a normal Coke or a Diet/Coke Zero?

Is it better to eat low fat spread or real butter?



In our hectic lifestyles we rarely have time to study food packaging closely, let alone the claims that are made for the product, or to check the carbohydrates, the sugar levels, the salt or the saturated fats: we are invariably rushing around putting products in the trolley that we know or have always bought. For those using home delivery, it's even harder; we are usually buying the same stuff week in and week out. We may also be tempted by ready meals as they appear appetising and don't require any preparation at home.

To help you I have compiled this list of 'health' foods that you should never eat or drink.

Eat Wright Feel Wright Look Wright

LEONIE WRIGHT



No.1 Fruit Juice

Fruit juice is just as dangerous as soda/fizzy drinks, or nearly as bad, when you're drinking it in abundance. Think of it in this way: When you sit down to drink a 220ml glass of orange juice, you're consuming the juice of four medium-sized oranges in literally seconds — or a few minutes at the most.

Compare this to how long it would take to eat four oranges, and you can quickly see how eating fruit in its whole form is best. Plus the fibre in the whole orange will reduce the rise in your blood sugar level and will give you more vitamins.



Fruit juice is so dangerous largely due to the fructose factor. In June 2014, a study published in the journal Nutrition found that the average fruit juice's fructose concentration is 45.5 grams per litre. For carbonated drinks, it's 50 grams. Our bodies are not designed to deal with that type of fructose overload. While glucose serves as a fuel for our body, fructose is processed almost exclusively in the liver, where, if it is not used as energy, it will convert into fat.



Each week on Facebook I give away recipes and advice, follow me there.. "EatWright with Leonie".

No.2 Low Fat Yoghurt

It's time to stop being afraid of full-fat dairy. A 2016 study published in The American Journal of Nutrition makes a strong case for eating it instead of its low-fat dairy counterparts. Researchers studied more than 18,000 women and found the ones who consumed more full-fat dairy were 8 percent less likely to be overweight or obese compared to the low-fat dairy group. One theory is that eating full-fat dairy helps people feel fuller longer. Aside from that, low-fat and fat-free dairy products are often laden with added sugar, a potent risk factor for type 2 diabetes, heart disease and even cancer.



Also, be sure to always choose organic milk. Research shows organic milk has a much healthier fat profile. In a 2013 Washington State University study looking at 400 samples, conventional milk had an average omega-6 to omega-3 fatty acid ratio of 5.8, more than twice that of organic milk's ratio of 2.3. The researchers say the far healthier ratio of fatty acids in organic milk is brought about by a greater reliance on pasture and forage-based feeds on organic dairy farms.

Ideally I would recommend choosing raw milk. That's because when raw milk is pasteurized, it also loses a lot of its nutritional content. Because the enzyme lactase is destroyed in the heating process, people cannot properly digest the milk sugar, lactose.

In my opinion, raw milk is healthier and can usually be found in cheese or yogurts found in local health food stores. I choose full-fat raw milk from goats or sheep whenever possible.

No.3 Diet Drinks

These ‘healthy’ alternatives are supposed to be better for you. Nothing is further from the truth. We do not often think about what the word “diet” really means. For most, it conjures up thoughts of the measures people take to lose weight. It’s also a term used by food manufacturers to indicate that something is supposedly healthy or has less of some seemingly undesirable ingredient- usually fat, sugar or total calories. But please do not feel into the trap thinking that diet drinks are healthier for you.



They should be avoided as much as regular sugar sweetened drinks as they contain artificial sweeteners such as aspartame, sucralose and saccharin. Artificial sweeteners seem to confuse the body’s natural ability to manage calories based on tasting something sweet. People tend to then overeat even if they drink diet drinks. And get this: People who consume artificial sweeteners are twice as likely to develop metabolic syndrome and other health troubles like:

- Depression
- Kidney damage
- Type 2 diabetes
- Cardiovascular diseases
- Asthma and COPD symptoms
- Tooth erosion

Better option: drink clear filtered water or infuse water with fresh lemon, lime, ginger, cucumber, fruits & peppermint.

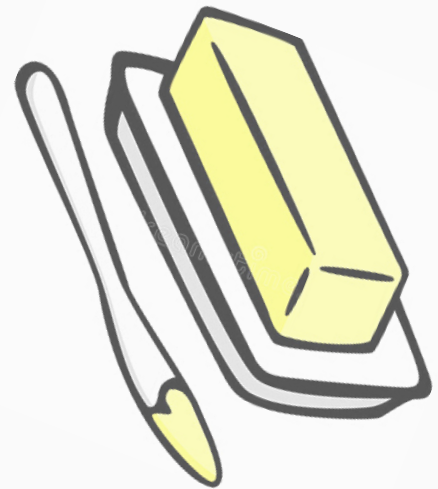
No.4 Vegetable Oils

Vegetable oils like canola are highly inflammatory and not healthy. They're usually genetically modified, partially hydrogenated and have been linked to: atherosclerosis, birth defects, bone and tendon problems, cancer, diabetes, digestive disorders, heart disease, immune system impairment, high cholesterol, learning disabilities, liver problems, low birth weights, obesity, reduced growth, sexual dysfunction, skin reactions, sterility, vision reduction.



No.5 Margarine & Low Fat Spread

Margarine, lower in saturated fats than butter, was intended to protect heart health. But we now know that's not true. Trans-fats were the original fats used in margarine and we now know trans fats are responsible for heart attacks and increase the risk of developing type 2 diabetes and several other severe health problems.



Better options: Choose butter or ghee from grass-fed cows. Or pure cold pressed extra virgin olive oil for cooking on low temperatures. Or, for cooking on high temperatures, pure, cold pressed, extra virgin coconut oil. Make sure the product smells like coconut when you buy it. Otherwise there's a good chance it's been pasteurized and is not as healthy for you.

No.6 Dried Fruits

Dried fruits are very high in concentrated sugar and is often used as an alternative to sugar in baking and added to muesli.

However dried fruits may cause you to have gas, abdominal cramping, bloating, constipation, or possibly diarrhea and will cause weight gain. It can also cause tooth decay. The reason is that dried fruits contain natural sugar in fructose form, which is fruit sugar and there are some dried fruits available on the market that come coated with additional sugar to keep minimum moisture levels and prevent them from sticking to each other.



Sugar contributes to tooth decay and sticky foods, like dried fruits, can be harmful because they stick to your teeth, forcing the sugar to stay on the teeth for a longer period of time.

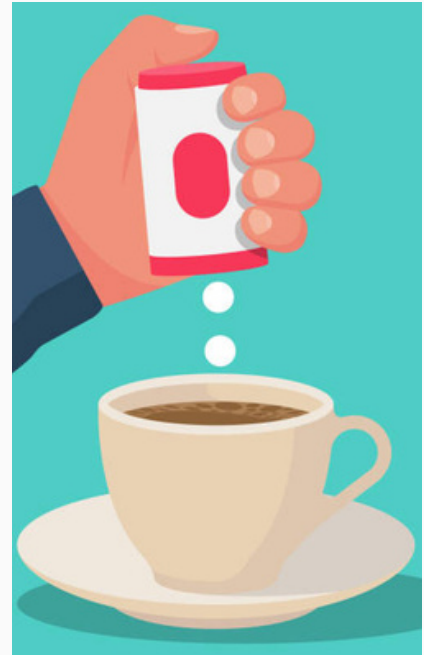
Fruit is nutrient-dense, full of vitamins, minerals and fibre, and it contains few calories, making it good for weight loss. Also, its high fibre and water contents make it very filling and appetite-suppressing. But try sticking to whole fruits instead of dried fruit.

No.7 Artificial & Alcohol Sweeteners

Being “artificial,” you’d think fake sweeteners would be used cautiously by people. Unfortunately, many doctors recommend them because they are supposedly safe for diabetics because they are low on the glycaemic index. Ironically, new research has shown that artificial sweeteners cause a disturbance in gut flora and can actually cause diabetes.

Adding insult to injury, sugar substitutes have been clinically linked to:

Allergies, Bladder cancer, Brain tumours, breast cancer, headaches, hypertension, lymphomas/leukaemia, phenylketonuria, seizures, weight gain/obesity.



Sugar alcohols are commonly found in sugar-free gum and sugar-free baked goods and sugar replacements. Xylitol is one of the most popular forms. Others include: erythritol, isomalt, lactitol, maltitol, mannitol, sorbitol.

While often marketed as natural, these sweeteners undergo intense processing and are often derived from GMO ingredients like corn. Some of these products are also linked to allergic reactions, headaches, SIBO symptoms, rashes, flatulence and bloating.

Better option: Try pure liquid stevia for sweetening.

No.8 Table Salt

Standard table salt definitely makes my list of top health foods you should never eat. Pretty much everyone has heard that white table salt causes hypertension, yet that hasn't stopped more than 95 percent of restaurants in the nation from stocking it on every table and food bar.

Originally produced from mined salt, refined table salt technically starts as a "real" food then quickly becomes fake. Manufacturers use harvesting methods that strip it of all its naturally-occurring minerals and then use a number of additives to dry it and heat it to temperatures of about 1,200 degrees.



Because it was destroyed, the naturally occurring iodine is then replaced with potassium iodide in potentially toxic amounts. The salt is then stabilized with dextrose, which turns it purple. Finally, it is bleached white.

Better option: A much more suitable replacement is not even a replacement at all, but the original product! There are more than 10 health benefits of Celtic sea salt and Himalayan salt, and I recommend that you start using either in your cooking.

No.9 Processed Meats

Essentially, you are what they eat, and if the livestock that you're having for dinner, lunch or breakfast is fed hormones, drugs and an unnatural diet grown using chemical pesticides and fertilizers, well, that's not good news for you, either.

Here are concerning findings:

A 2012 study looking at feather testing detected banned antibiotics, allergy medications, painkillers and even depression meds like Prozac in chickens.

Feeding poultry arsenic has resulted in higher levels of toxic arsenic in humans

About 30 million pounds of antibiotics are sold for use in farm animals annually

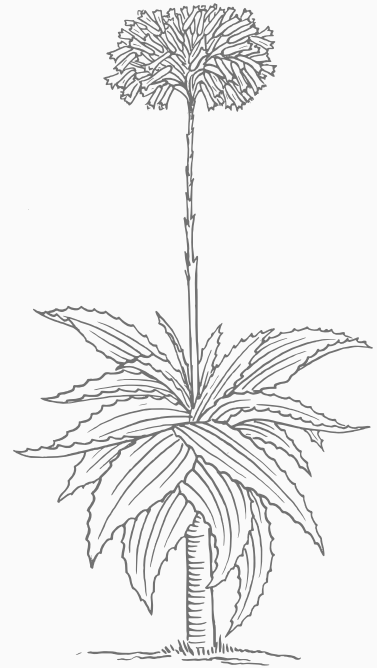


Better option: I would recommend that you always purchase meat from a trusted local source. Get to know your food growers and producers. It's worthwhile to become familiar with how your food is sourced and prepared. Ask the farmer if the animals are grass-fed and how they deal with sickness. (For example, if they use drugs preventatively or only if the animal is at risk of dying.) If you're looking for poultry, make sure they are raised on rotated green pastures and supplemented with organic feed.

No.10 Agave Syrup

Agave syrup can be found on many health food shelves. But it's anything but healthy. Agave has the highest fructose content of any commercial sweetener on the market. And remember, fructose is hard on the liver and puts our body into fat storage mode.

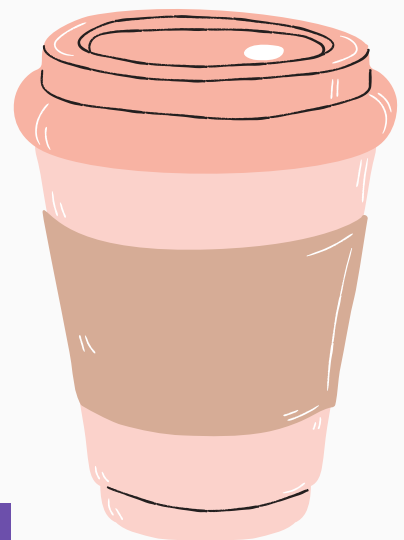
Better option: Use pure liquid stevia sparingly when you need a little sweetness.



No.11 Fancy Coffee Drinks

Coffee has been unfairly demonized; it's actually healthy and loaded with antioxidants. It's what's added to coffee that turns this wonderful beverage into a harmful drink. If your 'coffee' has a ton of artificial creamer and sugar then it's NOT good for you and will just be as unhealthy as any other sugar-sweetened beverage.

Better Option: Stick to black coffee and add real milk if you need to.



No.12 Gluten-Free Foods

In the last few years the gluten free diet has become enormously popular. In fact, it seems like just about everyone is avoiding gluten — regardless of whether or not they really need to. Gluten is a type of protein found in grains, such as wheat, barley and rye that are responsible for giving foods elasticity and providing a chewy texture. It is also often added to other foods to modify the stability and structure of products, such as salad dressings, condiments and deli meats.

Many people have a gluten intolerance or sensitivity, which can cause negative side effects when gluten are consumed ranging from digestive issues to mood changes.



It's well worth noting though that while gluten-free has many advantages, just because a food is gluten-free does not automatically make it healthy. It can even cause weight gain. There are plenty of gluten-free junk foods out there. Researchers discovered that gluten-free foods typically contained more saturated fat, sugar and salt than regular food items, while also being lower in fibre and protein content than regular products.

Better option: choose natural, unprocessed gluten-free foods such as vegetables, fruit, quinoa, buckwheat, gluten-free oats and so much more.

Next...

If you've found the tips in this little e-book surprising and useful, you might be in just the right place to join me in my entry-level program: **The 21-Day Turnaround!** and learn how to 'EatWright'.



The whole program is perfect for those who are confused about the way to get healthy and want something simple and 'bite-sized' to start with.

In just three weeks - 21-days - my clients have lost weight, gained energy and learned some important basics of healthy eating.

As you've made it through this book to the final page, I want to invite you to join me, and reward you for your intentions...

HAVE A FREE CONSULTATION

WITH ME WHEN YOU JOIN !!!

*Email Leonie and tell her you read this book...
Leonie@EatWright.co.uk*

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