



Eliminating processed foods for your health

By Katy Taylor

Why eliminating processed foods and seed oils is imperative to your health

Let's start with the basics. Processed foods are created to make the buyer want more. Did you ever notice that if you buy a bag of chips, it is hard to control yourself from eating the whole bag? Whereas if you made yourself homemade chips, you would be more inclined to feel full and therefore stop eating them. Wonder why?

Manufacturers of foods deliberately put chemicals into their foods that make you want more. They have created the perfect combinations of sweet and salty so that you cannot stop eating them. They have even gone so far as to know the chemicals that will most affect your brain which will cause you to keep wanting and eating more and more.



Tell Me More

Processed foods are created to be an easy fast go to when you are hungry. The ingredients /chemicals in them get you to crave them and guess what? The more you eat them, the more you crave them and the food companies now have you hooked on their products!

Processed foods not only contain high amounts of salt but chemicals that alter your brain state. You may feel a "high" after eating one of your favorite processed meals or fast food and once again, it is the manufacturers that know just the right chemicals to put into their foods to get you to feel that way.

01.

High fructose corn syrup

- increases triglycerides
- boosts fat storing hormones
- drives people to over eat and gain weight

02.

Sodium Benzoate and Potassium Benzoate

- known carcinogen
- linked to serious thyroid damage

03.

Butylated Hydroxyanisole (BHA)

- potentially cancer causing preservative
- major endocrine and hormone disruptor

The truth about artificial food dyes?

Did you know that many of the ingredients in our foods in the US are considered FDA safe yet are banned in other countries? Artificial coloring is deemed safe in the US yet in other countries is banned due to the affects they have on children's brains. Artificial dyes are known to cause hyper activity and issues with concentration in young children. Companies that make colored cereals/foods use unhealthy vegetable dyes for their coloring yet, the FDA allows it . Some countries even have warning labels on such cereals and foods. Artificial dyes have absolutely no place in our diet.



What about nut and seed oils?

So what is the deal with nut and seed oils? Right now there is a lot of buzz going around about the dangers or the safety of using nut and seed oils in cooking. Here is the low down.

In the natural sense of nut and seed oils, these oils would be directly extracted from the nut or seed and they would be fine, however that is just not the case. Oils such as soy, cottonseed, palm, corn and canola are highly processed these days. The processing that occurs which includes intense bleaching also loads these oils with omega -6 fatty acids which put our bodies at an extreme risk of inflammation. When these oils are heated they release linoleic acid into our bodies causing an obesogenic affect (causing you to gain fat) as well as a cardiovascular disruptor.

Once these oils are processed they are so far from their natural state that they are now wreaking havoc in our bodies. They have high toxic levels ,but are inexpensive s: no wonder these oils are in processed foods and used widely in fast food kitchens.

So what to do now? Oils such as cold pressed extra virgin olive oil, avocado oil, coconut oil and grass fed butter are the healthiest alternatives to these highly processed oils. These oils have a considerably lower linoleic acid profile and are much less inflammatory to our bodies and our health.



Top ingredients to avoid in foods

Natural flavors

Artificial flavors

MSG

Enriched or bleached flours, rice or pasta

all seed and nut oils (with the exception on extra virgin olive oil, avocado oil, or coconut oil)

high fructose corn syrup

all food dye(blue 1, red 3, red 40, yellow 5, yellow 6)

BHA

BHT

sodium nitrite/nitrate

partially hydrogenated oils

hydrolyzed proteins

This list is a good starting point of wat to look for and avoid.

The benefits of eating real whole foods!

Now that you have some awareness of the dangerous ingredients in processed foods, lets dive into the benefits of eating real whole foods. One of the things processed foods does is train your brain for one taste when you associate it with a certain food. Switching over to whole foods retrains your brain to not simply be after that “one taste”. Think of a blueberry, some are sweet, some are sour, some are juicy and some can be mealy. When you eat a blueberry your brain does not have one particular taste associated with that food because in a sense, it is always a surprise. Slowly replacing your favorite foods with whole foods does not have to be hard, and it can take some creativity and some experimenting for just the right flavors.

With an exponentially cleaner diet, meaning rid of processed foods, you will truly enjoy the taste of foods. Foods are packed with nutritious vitamins and minerals and allow your body to feel good after eating them. Chances are you will feel satiated and comfortable after a meal. You will stop eating when you should.. Notice better quality of sleep as well as less anxiety and shakiness due to more balanced glucose levels (bodies ability to process sugars/carbohydrates).



Begin with “crowding out”

Where to begin now that you have decided to stop eating processed foods. One of the best strategies for slowly changing your diet is through the idea of crowding out. Begin gradually, as you are wanting to create life changing habits, not just quick fixes.

The idea behind crowding out is that you slowly begin replacing some of the unhealthier food choices with healthier ones. As you gradually begin consuming more of the healthier foods, you make less space for the unhealthier options. Now you have essentially crowded out (made no room) for unhealthy foods. You’ve created habits around healthy food choices.



Some Pantry and Refrigerator staples

canned beans
canned tomatoes
whole grain pasta
brown or white rice
quinoa
rice noodles
tuna fish or salmon
tamari
seasonings you enjoy
nut butter
olive or avocado oil
vinegars

fruits and veggies
you like
seasonal fruits and
veggies
organic pasturized
eggs
organic cheese
miso
hummus
lean poultry
grass fed beef
tofu or tempeh



**As a sidenote I stock my freezer with organic veggies so that I always have them on hand in a pinch. Fish is another item I keep in the freezer for those last minute meals.



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