

**THE FIVE
FOODS YOU
SHOULD NEVER
EAT**

**by
Various**

CMG Archives
<http://campbellmgold.com>

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Introduction

There have been a lot of adverts and comment on the internet that say there are "5 Foods that You Should Not Eat"; so, what are the five foods?

Following is a selection of answers.

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The 5 Foods You Should Never Eat - Huffington Post

The Huffington Post gives the five foods that you should never eat as:

1) Do Not Eat: Fried Food

Fried food is loaded with fat and calories while offering zero nutritional value. It's a lose-lose! Sure, fries and chips TASTE good, but healthier items also taste good. Just say no to the deep fried items on your menu. You'll be thinner, healthier and won't have greasy fingers.

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2) Do Not Eat: White Bread

White bread products have minimal nutritional value and are quickly converted by your body into sugar. So you may as well eat a cupcake. Even breads that are technically wheat, but are as soft and smooth as white bread, should be avoided. Don't be afraid to discard the bread from your.

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3) Do Not Eat: Creamy Salad Dressing

You were so good to order a salad, but then cancelled out the low-cal benefits by drenching the salad in fattening creamy dressing. Just a few tablespoons of creamy dressing contain more than 20 grams of fat and hundreds of calories.

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4) Do Not Eat: White Rice

Just like white bread, white rice has minimal nutritional value, and the glycemic load will quickly prime your body for storing fat.

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5) Do Not Eat: White Sugar

Sugar and high fructose corn syrup are the epitome of anti-fitness food. Nothing will destroy your progress, expand your waist and plummet your energy levels like sugar. If you only take away one do-not-eat food from this slideshow, please let it be sugar.

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The 5 Foods You Should Never Eat - Cosmopolitan

Introduction

You already know you should limit how much junk food you eat on a regular basis in order to be healthy. But nutritionist Stephanie Middleberg, RD, founder of Middleberg Nutrition, says you should avoid some foods altogether. Her list of foods to never eat includes:

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1) Artificial Sweeteners

In small doses (think: one teaspoon per serving), sugar is totally fine. But it gets a little dicey when you have too many artificial sweeteners. Here's the deal: Sweeteners are way, um, sweeter than sugar, and they can reset your taste buds to crave sugary foods. As a result, you end up eating more junk. Plus, people who limit their artificial sweetener use find that they have more energy, and don't have as many cravings.

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2) Margarine

Most of us think it's a healthy alternative to butter (err, guilty), but margarine has loads of trans fats, which increase your cholesterol. And it contains a lot of ingredients vs butter's one or two. The calorie count is also similar to butter, but we tend to eat more of it because we think it's healthier. Your best bet: Stick with small does of butter or use heart-healthy olive oil.

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3) Soy Protein Isolate

All soy isn't bad, but the isolate (a refined, often genetically-modified form of soy that pops up in a lot of soy-based products) resembles estrogen, which is iffy—some research has shown that it can increase the risk of cancers and infertility in women. If you want to go vegetarian, opt for veggie burgers with quinoa, chickpeas, or black beans as a base, and eat protein bars that are based on nuts and seeds. And for meat subs, go for beans, nuts, seeds, nut butters, and natural sources of soy like edamame, tofu, and tempeh.

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4) Diet Foods

Unfortunately, "diet" or "low-fat" doesn't mean low-calorie. Diet bars and low-fat foods like yogurts usually have more sugar, salt, and unhealthy fillers to make them taste okay. Even worse, we typically eat double the serving we should because we're not satisfied or think that it's okay to eat more because it's "healthy."

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5) Frozen Meals

These babies are convenient (hello dinner in five minutes or less!) but are often heavily processed and filled with fat and salt. Instead of going this route, make a big meal (like a yummy soup or stew) at home when you have some downtime, portion it out, and freeze the servings. Frozen fruits and veggies are okay, too, as long as you look for options without added sauces or salt.

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The 7 Foods that You Should Never Eat - Fox News

Fox news suggests that there are seven foods that you should never eat.

Food scientists are shedding light on items loaded with toxins and chemicals--and simple swaps for a cleaner diet and supersized health.

Clean eating means choosing fruits, vegetables, and meats that are raised, grown, and sold with minimal processing. Often they're organic, and rarely (if ever) should they contain additives. But in some cases, the methods of today's food producers are neither clean nor sustainable. The result is damage to our health, the environment, or both. So we decided to take a fresh look at food through the eyes of the people who spend their lives uncovering what's safe--or not--to eat. We asked them a simple question: "What foods do you avoid?" Their answers don't necessarily make up a "banned foods" list. But reaching for the suggested alternatives might bring you better health--and peace of mind.

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1. The Endocrinologist Won't Eat: Canned Tomatoes

Fredrick Vom Saal, is an endocrinologist at the University of Missouri who studies bisphenol-A.

The problem: The resin linings of tin cans contain bisphenol-A, a synthetic estrogen that has been linked to ailments ranging from reproductive problems to heart disease, diabetes, and obesity. Unfortunately, acidity (a prominent characteristic of tomatoes) causes BPA to leach into your food. Studies show that the BPA in most people's body exceeds the amount that suppresses sperm production or causes chromosomal damage to the eggs of animals. "You can get 50 mcg of BPA per liter out of a tomato can, and that's a level that is going to impact people, particularly the young," says vom Saal. "I won't go near canned tomatoes."

The solution: Choose tomatoes in glass bottles (which do not need resin linings), such as the brands Bionaturae and Coluccio. You can also get several types in Tetra Pak boxes, like Trader Joe's and Pomi.

Budget tip: If your recipe allows, substitute bottled pasta sauce for canned tomatoes. Look for pasta sauces with low sodium and few added ingredients, or you may have to adjust the recipe.

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2. The Farmer Won't Eat: Corn-Fed Beef

Joel Salatin is co-owner of Polyface Farms and author of half a dozen books on sustainable farming.

The problem: Cattle evolved to eat grass, not grains. But farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. But more money for cattle farmers (and lower prices at the grocery store) means a lot less nutrition for us. A recent comprehensive study conducted by the USDA and researchers from Clemson University found that compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid (CLA), calcium, magnesium, and potassium; lower in inflammatory omega-6s; and lower in saturated fats that have been linked to heart disease. "We need to respect the fact that cows are herbivores, and that does not mean feeding them corn and chicken manure," says Salatin.

The solution: Buy grass-fed beef, which can be found at specialty grocers, farmers' markets, and nationally at Whole Foods. It's usually labeled because it demands a premium, but if you don't see it, ask your butcher.

Budget tip: Cuts on the bone are cheaper because processors charge extra for deboning. You can also buy direct from a local farmer, which can be as cheap as \$5 per pound. To find a farmer near you, search eatwild.com.

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3. The Toxicologist Won't Eat: Microwave Popcorn

Olga Naidenko, is a senior scientist for the Environmental Working Group.

The problem: Chemicals, including perfluorooctanoic acid (PFOA), in the lining of the bag, are part of a class of compounds that may be linked to infertility in humans, according to a recent study from UCLA. In animal testing, the chemicals cause liver, testicular, and pancreatic cancer. Studies show that microwaving causes the chemicals to vaporize--and migrate into your popcorn. "They stay in your body for years and accumulate there," says Naidenko, which is why researchers worry that levels in humans could approach the amounts causing cancers in laboratory animals. DuPont and other manufacturers have promised to phase out PFOA by 2015 under a voluntary EPA plan, but millions of bags of popcorn will be sold between now and then.

The solution: Pop natural kernels the old-fashioned way: in a skillet. For flavorings, you can add real butter or dried seasonings, such as dillweed, vegetable flakes, or soup mix.

Budget tip: Popping your own popcorn is dirt cheap

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4. The Farm Director Won't Eat: Nonorganic Potatoes

Jeffrey Moyer is the chair of the National Organic Standards Board.

The problem: Root vegetables absorb herbicides, pesticides, and fungicides that wind up in soil. In the case of potatoes--the nation's most popular vegetable--they're treated with fungicides during the growing season, then sprayed with herbicides to kill off the fibrous vines before harvesting. After they're dug up, the potatoes are treated yet again to prevent them from sprouting. "Try this experiment: Buy a conventional potato in a store, and try to get it to sprout. It won't," says Moyer, who is also farm director of the Rodale Institute (also owned by Rodale Inc., the publisher of Prevention). "I've talked with potato growers who say point-blank they would never eat the potatoes they sell. They have separate plots where they grow potatoes for themselves without all the chemicals."

The solution: Buy organic potatoes. Washing isn't good enough if you're trying to remove chemicals that have been absorbed into the flesh.

Budget tip: Organic potatoes are only \$1 to \$2 a pound, slightly more expensive than conventional spuds.

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5. The Fisheries Expert Won't Eat: Farmed Salmon

Dr. David Carpenter, director of the Institute for Health and the Environment at the University at Albany, published a major study in the journal *Science* on contamination in fish.

The problem: Nature didn't intend for salmon to be crammed into pens and fed soy, poultry litter, and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, brominated flame retardants, and pesticides such as dioxin and DDT. According to Carpenter, the most contaminated fish come from Northern Europe, which can be found on American menus. "You could eat one of these salmon dinners every 5 months without increasing your risk of cancer," says Carpenter, whose 2004 fish contamination study got broad media attention. "It's that bad." Preliminary science has also linked DDT to diabetes and obesity, but some nutritionists believe the benefits of omega-3s outweigh the risks. There is also concern about the high level of antibiotics and pesticides used to treat these fish. When you eat farmed salmon, you get dosed with the same drugs and chemicals.

The solution: Switch to wild-caught Alaska salmon. If the package says fresh Atlantic, it's farmed. There are no commercial fisheries left for wild Atlantic salmon.

Budget tip: Canned salmon, almost exclusively from wild catch, can be found for as little as \$3 a can.

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6. The Cancer Researcher Won't Drink: Milk Produced With Artificial Hormones

Rick North is project director of the Campaign for Safe Food at the Oregon Physicians for Social Responsibility and former CEO of the Oregon division of the American Cancer Society.

The problem: Milk producers treat their dairy cattle with recombinant bovine growth hormone (rBGH or rBST, as it is also known) to boost milk production. But rBGH also increases udder infections and even pus in the milk. It also leads to higher levels of a hormone called insulin-like growth factor in milk. In people, high levels of IGF-1 may contribute to breast, prostate, and colon cancers. "When the government approved rBGH, it was thought that IGF-1 from milk would be broken down in the human digestive tract," says North. As it turns out, the casein in milk protects most of it, according to several independent studies. "There's not 100 percent proof that this is increasing cancer in humans," admits North. "However, it's banned in most industrialized countries."

The solution: Check labels for rBGH-free, rBST-free, produced without artificial hormones, or organic milk. These phrases indicate rBGH-free products.

Budget tip: Try Wal-Mart's Great Value label, which does not use rBGH.

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7. The Organic-Foods Expert Won't Eat: Conventional Apples

Mark Kastel, a former executive for agribusiness, is codirector of the Cornucopia Institute, a farm-policy research group that supports organic foods.

The problem: If fall fruits held a "most doused in pesticides contest," apples would win. Why? They are individually grafted (descended from a single tree) so that each variety maintains its distinctive flavor. As such, apples don't develop resistance to pests and are sprayed frequently. The industry maintains that these residues are not harmful. But Kastel counters that it's just common sense to minimize exposure by avoiding the most doused produce, like apples. "Farm workers have higher

rates of many cancers," he says. And increasing numbers of studies are starting to link a higher body burden of pesticides (from all sources) with Parkinson's disease.

The solution: Buy organic apples.

Budget tip: If you can't afford organic, be sure to wash and peel them. But Kastel personally refuses to compromise. "I would rather see the trade-off being that I don't buy that expensive electronic gadget," he says. "Just a few of these decisions will accommodate an organic diet for a family."

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5 Foods You Must Avoid - Kevin DiDonato

By Kevin DiDonato MS, CSCS, CES

Buying local, fresh foods from Farmers' markets, organic farms, or from your local grocer can go a long way for your budget and your health. However, not everyone can benefit or wants to shop healthy. Here are the top five foods to avoid or minimize in your diet for a longer, healthier life and a leaner waistline, followed by the top five foods that will give you amazing health benefits.

Food #1 Low-fat Foods

Food labeling can be very deceptive when it comes to food geared for weight loss. Low-fat foods are one of the products to be careful about. Just because the food says "low fat," does not mean the food is low calorie. Be sure to check the label and see how many calories are typically in the product. Most people associate low-fat foods with lower calories, so they tend to eat more. Do not be fooled by this deceptive labeling technique.

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Food #2 Sugar-Free Foods

Sugar-free foods are geared to people with diabetes or at risk for developing diabetes. Sugar-free foods have low calories and no sugar.

However, look at the label under sugars, and you will see something interesting. Sugar-free foods tend to have sugar alcohols, which is an ingredient designed to give it sweetness. Most of the time, sugar alcohol is made from sugar products, which can lead to increased calories. Sugar alcohols carry between 1.5 and 4 calories per gram. Not only do you get extra calories, but you also can get cramping, bloating, and other gastrointestinal problems if you ingest too much.

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Food #3 Commercial Smoothies

Normally, smoothies are associated with healthy eating. They have skim milk, fruit, and yogurt, so they are considered a great, healthy food. Some commercial smoothies, however, have many hidden calories from extra sugar. Some smoothies are also made with ice cream, so you end up ballooning sugar, fat, and calorie content. Most of the time, the fruit in smoothies is blended up into fruit juice, or fruit juice is added. This eliminates the fiber that is found in the skin of most fruits. My advice: Make your smoothies at home, and leave the commercial smoothies on the shelf.

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Food #4 Commercial Yogurts

Yogurt, again, has been considered a natural health product containing calcium, probiotics, and other products that have been shown to be beneficial to our health. Look at the label again, and you might

see something surprising. When looking at the label, some of the first few ingredients in yogurt are different forms of sugar. All this extra sugar can lead to weight gain and stubborn, hard-to-lose body fat. So again, read the label and see exactly what is in the product before you choose the yogurt of choice.

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Food #5 Sugary energy drinks including items with added vitamins and minerals

Energy drinks have been advertised as giving you that extra pick-me-up during the day, and a way to increase the intensity of your workouts. Energy drinks can contain high amounts of caffeine and sugar, which gives you that initial pick-me-up, but you end up crashing hard later. Also, some drinks that have added vitamins and minerals, can have loads of sugar as well. So stop and think before you drink and choose something lower in calories and sugar, maybe something like coffee or tea.

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Nine Foods You Should Never Eat Again - Natural News

26 De 2012, by Jonathan Benson, staff writer

Natural News suggests that there are nine foods that you should never eat again:

(NaturalNews) With so much misinformation out there about food and how it affects human health, making healthy food choices for you and your family can be difficult and confusing. There are a number of specific foods; however, that you will want to avoid in almost every circumstance because they provide virtually no health benefits while posing plenty of health risks. Here are nine foods you should never eat again if you care about preserving your long-term health:

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1) White bread, refined flours.

By definition, white bread and refined flours in general are toxic for your body because they have been stripped of virtually all vitamins, minerals, fiber, and other important nutrients. Because of this, the body does not know how to properly digest and assimilate these so-called foods, which can lead to health problems. Refined white flour has also been bleached with chlorine and brominated with bromide, two poisonous chemicals that have been linked to causing thyroid and organ damage. (<http://drwilson.com/ARTICLES/BREAD.htm>)

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2) Conventional frozen meals.

Most conventionally-prepared frozen meals are loaded with preservatives, processed salt, hydrogenated oils and other artificial ingredients, not to mention the fact that most frozen meals have been heavily pre-cooked, rendering their nutrient content minimal at best (especially after getting microwaved again at home). With the exception of a few truly healthy frozen meal brands such as Amy's and Organic Bistro, most frozen meals are little more than disease in a box, so avoid them in favor of fresh foods. (<http://www.4us2be.com>)

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3) White rice.

Like white bread, white rice has been stripped of most of its nutrients, and separated from the bran and germ, two natural components that make up rice in its brown form. Even so-called "fortified" white rice is nutritionally deficient, as the body still processes this refined food much differently than brown

rice, which is absorbed more slowly and does not cause the same spike in blood sugar that white rice does. (<http://globalnaturopath.com>)

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4) Microwaveable popcorn.

This processed food is a favorite among moviegoers and regular snackers alike, but it is one of the unhealthiest foods you can eat. Practically every component of microwaveable popcorn, from the genetically-modified (GM) corn kernels to the processed salt and preservative chemicals used to enhance its flavor, is unhealthy and disease-promoting. On top of this, microwaveable popcorn contains a chemical known as diacetyl that can actually destroy your lungs. If you love popcorn, stick with organic kernels that you can pop yourself in a kettle and douse with healthy ingredients like coconut oil, grass-fed butter, and Himalayan pink salt. (<http://www.naturalnews.com>)

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5) Cured meat products with nitrates, nitrites.

Deli meats, summer sausage, hot dogs, bacon, and many other meats sold at the grocery store are often loaded with sodium nitrite and other chemical preservatives that have been linked to causing heart disease and cancer. If you eat meat, stick with uncured, nitrite and nitrate-free varieties, and preferably those that come from organic, grass-fed animals. (http://www.naturalnews.com/028824_processed_meat_heart_disease.html)

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6) Most conventional protein, energy bars.

By the way they are often marketed, it might seem as though protein and energy bars are a strong addition to a healthy diet. But more often than not, these meal replacements contain processed soy protein, refined sugar, hydrogenated fat, and other harmful additives that contribute to chronic illness. Not all protein and energy bars are bad, of course -- Thunderbird Energetica, Organic Food Bar, Boku Superfood, Vega Sport, PROBAR, and Zing all make healthy protein and energy bars. Just be sure to read the ingredient labels and know what you are buying.

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7) Margarine.

Hidden in all sorts of processed foods, margarine, a hydrogenated trans-fat oil, is something you will want to avoid at all costs for your health. Contrary to popular belief, butter and saturated fats in general are not unhealthy, especially when they are derived from pastured animals that feed on grass rather than corn and soy. And if animal-based fats are not for you, stick with extra-virgin coconut oil or olive oil rather than margarine. (http://www.naturalnews.com/027865_saturated_fat_health.html)

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8) Soy milk and soy-based meat substitutes.

One of the biggest health frauds of modern times, the soy craze is a fad that you will want to skip. Besides the fact that nearly all non-organic soy ingredients are of GM origin, most soy additives are processed using a toxic chemical known as hexane, which is linked to causing birth defects, reproductive problems, and cancer. Soy that has not been fermented is also highly estrogenic, which can throw your natural hormone balance out of whack. (http://www.naturalnews.com/026303_soy_protein_hexane.html)

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9) "Diet" anything.

Many so-called "diet" products on the market today contains artificial sweeteners like aspartame (Equal) and sucralose (Splenda), both of which are linked to causing neurological damage, gastrointestinal problems, and endocrine disruption. Many diet products also contain added chemical flavoring agents to take the place of fat and other natural components that have been removed to artificially reduce calorie content. Instead, stick with whole foods that are as close to nature as possible, including high-fat foods grown the way nature intended, and your body will respond surprisingly well. (<http://www.naturalnews.com>)

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Five Foods that You Should Never Eat - Best Health

Best Health Suggests that there are five foods that you should never eat, namely:

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1. Processed Meats

Beef jerky, hot dogs and heavily processed lunchmeats won't find their way onto Amani Golshani's table. "These meats contain nitrates and a lot of preservatives," she says. A new study from the Harvard School of Public Health has revealed that eating processed meats leads to an increased risk of heart disease and type-2 diabetes. When it comes to protein, Amani Golshani suggests sources such as vegetables, seeds and nut butters. "Get a good vegetarian cookbook," she says. "The more vegetables, the better."

If you're going to get protein from animal sources, Amani Golshani recommends yogurt, eggs (up to four eggs per week), tuna and other fish, and chicken. For non-animal sources, add more quinoa, edamame, legumes and almond milk to your diet. "It just takes a little bit of creativity," she says.

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2. Margarine

According to experts at the Mayo Clinic, some margarines may actually be worse for you than butter, due to the process of hydrogenation, which creates trans fats. "I would rather use butter, in moderation," says Amani Golshani. She also suggests olive oil, canola oil and grapeseed oil as healthier replacements for margarine when cooking.

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3. Packaged snack cakes and cookies

You won't find any Twinkies in Amani Golshani's pantry, but that doesn't mean she's anti-dessert. "I really believe in moderation in everything," she says. "If my husband brings home a package of pastries, I won't eat them. But I will go to a French bakery and have a croissant." Home-baked or bakery-made pastries and desserts are better choices than those from a box, which often contain a lot of added sugar, says Amani Golshani. And the same holds true for frosting. "If I make it at home, I'll have a little bit, because it only has icing sugar and butter and simple ingredients," she explains. "But in a box, it has about 40 different chemicals."

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4. Anything fat-free

No-fat items are on Amani Golshani's list of products to be wary of, because they often compensate for fat with large amounts of sugar, and are highly processed. "Some non-fat yogurts can contain

artificial sweeteners,” says Amani Golshani. “It feels like I’m eating poison.” Eating healthy doesn’t mean cutting fat out of your diet entirely, but rather focusing on “good fats,” such as olive oil, avocado and nuts.

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5. Artificial sweeteners

Think that just because you’re not using refined sugar, you’re being healthy? Think again, says Amani Golshani. “Artificial sweeteners have actually been linked to people not losing weight,” she says, noting that drinks containing artificial sweeteners and colours are extremely unhealthy.

The same goes for foods with dyes and artificial flavours. “A lot of people are sensitive to this in a way they can’t even pinpoint,” she says, and strongly recommends cutting these artificial ingredients out of your diet.

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The Four Worst Foods You Can Eat - Best Health

Best health suggest that the four worst foods that you can eat are:

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1. Soft drinks

“[Soda pops contain] empty calories without any nutritional value,” says says Richard Béliveau, chair for cancer prevention and treatment at the University of Quebec in Montreal.

In his book, *Eating Well, Living Well* (McClelland & Stewart), Béliveau writes that Canadians drink 120 litres of soft drinks per year. With 30 g of sugar in each 350 mL bottle of Coke, we’re using a lot of unnecessary sweet stuff to wash down our meals.

But pop isn’t the only beverage that can sneak unnecessary calories into your diet. New research suggests that beverages such as alcohol and sweetened and unsweetened fruit drinks may account for a too-large proportion of our recommended daily calorie intake. In an 18-month study published in the *American Journal of Clinical Nutrition*, subjects consumed more than 350 of their daily calories from beverages—that’s about 20 percent of their total daily intake.

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2. Diet products

If you rely on diet products to keep your weight in check, you may be doing your body more harm than good. “Research shows that eating these products stimulates the appetite and can lead to weight gain,” Béliveau writes in *Eating Well, Living Well*.

As well, diet products, such as fat-free salad dressing, can sabotage a healthy meal, making them some of the worst foods you can eat. “Sometimes people think fat-free salad dressings are great for them, but you need a bit of fat in your salad dressing to help you absorb the vitamin A in the salad that you’re eating,” says Zannat Reza, a registered dietitian based in Toronto. You also might be tempted to drench your veggies with a dressing labelled fat-free, which could add more calories and sodium to your meal.

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3. Packaged cookies, cakes and chips

“Processed foods are dangerous for your health,” says Béliveau. That’s partly because many industrially produced products contain trans fats—fatty acids that are produced when manufacturers use a chemical process to turn liquid oil into solids.

This process, called partial hydrogenation, gives manufactured foods a longer shelf life, but it also makes them some of the worst foods you can eat. Trans fats raise your LDL (bad cholesterol) and lower your HDL (good cholesterol) levels and, according to Health Canada, is associated with a higher risk for heart disease.

Look at a product’s ingredient list before deciding to purchase it. Products that list hydrogenated oil, salt, sugar or high-fructose corn syrup as the first ingredients are all negative for your health, says Béliveau.

Since 2007, Health Canada has called on the food industry to to reduce the amount of trans fats in commercially produced products within two years. However, the label trans-fat free may not mean the product does not contain trans fats. A food product qualifies to display the label if it contains less than 0.2 g of trans fat per serving.

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4. Fried foods

French fries, fried chicken and onion rings all have one negative thing in common: “[They have] high saturated-fat content,” says Béliveau. Saturated fats, also found in butter, lard and coconut oil, raise your LDL (“bad” cholesterol) and can increase your risk for heart disease and some cancers.

Fried foods may also contain high levels of trans fats, another reason why these greasy dishes are some of the worst foods you can eat.

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