

5 delicious but harmful foods, should not eat much

Here are 5 extremely delicious foods, attractive to us but recommended by health and nutrition experts to limit eating, not because of eating and eating, but harming the body.

One of the factors that causes illness for humans is due to improper eating. It is difficult for anyone to control themselves when standing in front of delicious and attractive dishes, even if they are not good for health.

Here are 5 extremely delicious foods, attractive to us but recommended by health and nutrition experts to limit eating, not because of "eating for pleasure" but harming the body.

1. Fried foods



According to experts, eating fried foods too much is one of the causes of cancer, reducing the life expectancy of people.

All dishes when using oil for cooking are high in calories, high in fat, and oxidized. If you eat a lot, it will lead to an increase in obesity, hyperlipidemia and coronary heart disease. In addition, foods that are fried easily cause a number of carcinogens.

What to do to limit the harmful effects of fried foods?

1. You should minimize eating fried foods.
2. Avoid eating fried foods outside to avoid eating foods that use frying oil many times.
3. Should choose vegetable oils such as peanut oil, soybean oil .
4. Use oil blotting paper to remove excess oil from the food.
5. You can use non-oil fryer to have good food without using grease.

2. Prepared meats



Pre-processed meat usually contains nitrite, a toxic substance that can cause cancer in humans. In addition, processed meat is often added with additives, chemical coloring, preservatives, . when absorbed into the body increases the burden and harm to the liver.

According to WHO, if you eat 50g of processed meat will increase the chance of getting cancer by 18%. Although there is a bad effect on human health, but processed meat is very popular in the world with dishes such as sausage, pork, pork, ribs .

3. Foods that contain too much fat



The popular products, the choice of daily snacks such as biscuits, cakes, dishes made from flour and dried . during long-term preservation is easy to produce lipid fat peroxide. This substance will destroy the acid system and vitamins in the body, causing the organs to age and weaken.

4. Canned food



According to experts, processed and canned food has lost a significant amount of vitamins, reducing even the loss of nutritional value. In addition, to preserve food for a long time, manufacturers often add some added preservatives, grease, and energy. When people use this food it is easy to cause obesity, overweight and harm the organs inside the body.

Even some canned fruits must also use preservatives, water and sugar to make the sweetness increase. When eating them, a large amount of sugar is introduced into the human body, causing an increase in blood sugar, causing damage to the pancreas.

Use canned food properly

Canned foods are convenient but they cannot replace fresh foods, to ensure health, we should limit their use. If we have to use it, we need to pay attention:

1. Look carefully at the instructional information, nutritional value, ingredients, production date, expiry date.
2. Should boil, cook well before using.
3. When using canned foods, eat vegetables, fresh fruit to add vitamins and fiber.

5. How to ferment dishes



In order to create salty and salty dishes, we often have to use a larger amount of salt or vinegar than usual. When eating these foods regularly, large amounts of sodium are absorbed into the body, causing damage to the kidneys, gastrointestinal mucosa, stomach, and intestines.

For women, eating a lot of pickled food or sour salt will speed up the aging process faster.

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