

Get rid of these 5 foods right away if you want a healthy diet

To have a healthy diet, you need to remove these foods right now

When life becomes more convenient with more and more foods available around you, you must be extra careful. Harmful foods and poorly nutritious foods are always looking for opportunities to squeeze in all your meals. Consuming them is you harming your health.

Nutrition expert Vandana Sheth, spokesman for the Institute of Nutrition and Diet, said: " *There are some foods that provide only a modest nutritional benefit that we should limit eating or avoiding. yes* "

So how do you distinguish them?

Ginn-Meadow, who is also a nutritionist at the Institute of Nutrition and Diet, says it will be a time-consuming process and you have to find out. Even so, Ginn-Meadow and Sheth have discussed to give a brief recipe that can save you time.

What are the first 5 foods that you should cut right away from your diet, without any controversy?

1. Soft drinks and sugary drinks



Soft drinks, sugar additives are one of the things that you should cut right away from the diet, without any controversy. As recommended by the American Heart Association, in order to have good health, women should

not eat more than 6 teaspoons of additive sugar (about 24 grams) per day. Meanwhile, men should not eat well beyond 9 spoons.

To make it easier to imagine, a 330-ml Coca-Cola can contain 36.3 grams of sugar, equivalent to 8 teaspoons. Energy drinks are often the most sugar-rich drink, such as a 390-ml Samurai bottle containing up to 17 teaspoons of sugar, twice the recommended amount.

In addition, Sheth said that the drinks you call in the cafe can also contain lots of sugar. Such as a white chocolate mocha cup contains from 10-15 teaspoons of sugar and it will load into your body 400-900 calories.

2. Processing cereals



Processed cereals, breakfast cereals will be the next thing you should cut from your diet. According to Sheth, sweet-tasting cereals and packaged oatmeal are not a health food. They are usually made from refined cereals, added sugar additives and flavors.

So, instead of eating refined grains, you should switch to whole grains. That's the real grain, such as homemade oatmeal that can be eaten with fresh fruit. As such, you will have a really healthy meal.

3. Processed meat



When you intend to buy bacon or sausage, consider carefully. According to a Harvard University study in 2010, processed meats including sausages, bacon and ham will increase the risk of heart disease by 42% and the risk of **diabetes** by 19%.

In addition, the study also found a preservative, sodium nitrate, that may increase the risk of **cancer** .

4. Food does not have a clear nutritional ingredient

		% Daily Value
Total Fat	3g*	5%
Saturated Fat	1.5g	7%
Trans Fat	0.5g	10%
Polyunsaturated Fat	0g	0%
Monounsaturated Fat	0.5g	1%
Cholesterol	0mg	0%
Sodium	380mg	16%
Potassium	90mg	3%
Total Carbohydrate	37g	12%
Dietary Fiber	1g	2%
Sugars	22g	44%
Protein		

Can't you find a list of specific nutrition ingredients on food packaging? " *Put it back on the shelf,* " said Ginn-Meadow. But even if all the nutrients are printed, make sure you understand what they are.

Watch out for preservatives and artificial colors, they have no nutritional value and can even be harmful.

5. Trans fat (trans fat)



" *The trans fat is increasing your total cholesterol. It lowers the good HDL cholesterol but increases LDL bad cholesterol,* " Ginn-Meado said. In summary, according to University of Mc Master's study, trans isomer fat increases the risk of cardiovascular disease and premature death.

Trans fat-containing foods include: shortening oil, packaged cookies, ready-made cakes and packaged frozen items.

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