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7 DEADLY FOODS TO AVOID IF YOU WANT TO LOSE WEIGHT

Sadhna Chaman MARH RHom

http://rebalancinglife.com
Phone: 07879 480 520
Email: enquiries@rebalancinglife.com

Are you feeling great at the thought of having your favourite cereal fortified with vitamins and minerals each morning and washing it down with a glass of orange juice?

This may sound like a pretty healthy start to the day but in reality **we may not be aware** of the ***number of calories*** or the amount of ***hidden sugar*** that we are ingesting on a daily basis.

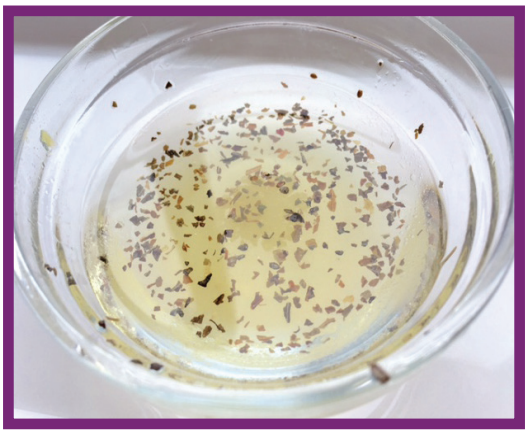
Most of us are aware of the obvious culprits of high sugar content that exists in products such as in coca-cola and ice cream for example, but it's the less obvious ones with the hidden sugars that are a cause for concern.

Experts are saying that **excess sugar is leading to a dramatic increase in obesity, cancers and diabetes.**

Below we look at 7 foods that are really worth avoiding if you plan to keep healthy and lose weight:

Let's start with

1. FRENCH DRESSING



Did you know that the standard shop bought French dressing can have up to **70 calories in a tablespoon**? Pretty alarming I must say, and to be honest it doesn't surprise me with the whole concoction of fats, salts, sugars, artificial flavouring and colours. So why not consider making your own and storing

it in a jar in the fridge. It will be twice as delicious, less calories and you know exactly what's in it. My favourite base for salad dressing is olive oil and apple cider vinegar, mix it with a touch of garlic, herbs, mustard, agave or honey and onion and you have a delicious dressing, throw the ingredients in to a blender and ta dah you have a natural and delicious dressing to use every day. Be adventurous and experiment there are so many healthy ingredients out there that you can play around with without putting on the additional calories!

2. MARGARINE

Margarine is yet another product that belongs to the low fat brigade. It was introduced as a cheaper alternative to butter during the First World War.
Yes, it's convenient, spreads easily on your toast especially when you're in a hurry, but it **contains trans fatty acids** which are not good for any of us.
Since awareness of the dangers has increased, the food industry have tweaked margarine to now produce the blended plant based margarine to replace.
But can we trust it? There are plenty of studies that show that margarine is not good for the heart, cholesterol levels, nursing mothers, reduces our body's natural immune response and decreases insulin response which can ultimately lead to diabetes. We have been led to believe that saturated fats are the baddies, but it's the process by which margarine is produced and the trans fats that we need to be avoiding.
So there you have it, **stick to good old traditional butter** just like our grandparents would have eaten!

3. CRISPS

Crisps are a great accompaniment to your sandwich at work or as a snack in between meals, they're convenient, will fit in your handbag or briefcase and can be eaten as you rush off for your next meeting! They are tasty and addictive and it's very hard to start eating a packet and not stop until you've finished the last crumb. But remember they're also a **great way to put on those extra pounds** and if they're fried in hydrogenated oils they are even more deadly!

Think about healthy alternatives such as kale crisps, simply wash the kale and chop coarsely, prepare a paste with Himalayan salt, freshly squeezed lime or lemon juice, garlic salt and massage in to the leaves. Bake in the oven on a moderate heat of around 150C or gas mark 2 for around 15 minutes, be sure to keep checking and tossing them over as they have a tendency to burn in to smithereens very quickly!

You could even experiment with other vegetables also such as beetroot, parsnips or carrots, simply invest in a shredder to prepare them finely.

4. TINNED TOMATO SOUP

Now this will I'm sure surprise you. A can of tomato soup contains can contain up to 5 ½ cubes of sugar. I'm not surprised it's so tasty, but it would be so much better to make soup at home. All you need to do is throw some fresh tomatoes, chopped car-

rots in to the oven to roast for 20 minutes. In the meantime, chop the onions, garlic and celery and lightly fry them in a pan with coconut oil or olive light. As soon as the carrots and tomatoes are soft add them to the pan also with some salt to taste. Let the soup simmer for a while until all the vegetables are cooked. Then blend and add a sprinkle of herbs, there you have it a **delicious home made tomato soup.** If you're in a hurry, omit the roasting step and add the vegetables to the saucepan instead. The great thing is, is that this can be frozen in smaller quantities too!

5. LOW FAT YOUGHURT

This may sound bizarre but studies have shown that low fat yoghurt i**s not as healthy as it may sound** and certainly not the low fat variety with added fruit. Just take a look at a 0% fat vanilla flavoured yoghurt a pot of 150g contains as much as 20.9g of sugar. This is loaded with sugar which again will have a knock on effect on your hormones and ultimately ***may lead to obesity.***

Natural full fat yoghurt contains probiotic bacteria which can improve the function of your gut which is what we want as this will reduce obesity and may with time reduce the risk of type 2 diabetes also.

Yoghurt can be added to your morning fruit breakfast, eaten with avocadoes - love it, added to a sauce in your curry, or as a topping for your dessert!

6. BOLOGNESE SAUCE IN A JAR

Many of the pasta sauces contain **high levels of sugar**. Let's take a look at one of the popular brands of bolognese original sauce, a 500g jar contains approximately 6 ½ cubes of sugar. Many of the other shop bought pasta sauces also have sugar added in them to bring out the taste of the tomatoes. To be honest making a sauce from scratch doesn't take much time at all. Throw in some onions, coconut or olive oil, garlic and tomatoes and simmer, there you have it a delicious sauce cooked in minutes for any pasta dish! If you're too busy to cook a fresh one then consider cooking it and storing it in a jar.

Plan ahead and make extra then you can use it as a base for other dishes during the week - whether it's a chicken dish or lentil curry!

7. FRUIT JUICE

Just because a carton of fruit juice states that there is 'no added sugar' or 'from concentrate', **it doesn't mean that the drink is sugar free.**

Read the nutritional values!

Let's take a look at 1litre orange juice from concentrate, every 200ml serving of orange juice contains a whopping 90g of sugar and that's 20% sugar a big red grading on the carton.

How can that be? I hear you ask.

Well, it's the process of pulping, squeezing, pureeing and pasteurising to create a juice that releases the sugar, and worse still it is released in the mouth attacking the teeth causing decay and entering the blood stream which then causes spikes in your blood sugars increasing your chances of gaining weight as well as other health issues that we've mentioned.

Whereas when we eat whole fruit, the process of breaking down starts naturally in the mouth and is released gently in the digestive system in small amounts. The sugar in them is also bound within fibrous structures that break down slowly during digestion. Not only that, fruit has fibre in it, and is more fulfilling in comparison to juice.

.... And finally, to conclude on a statistic, according to the government's National Diet and Nutrition Survey 2014, the ***average adult in Britain eats 18% more added sugars that is considered healthy***, which is equivalent to two teaspoons per day, 730 teaspoons per year!

Here's a little tip for safely consuming sugar:

If you are going to take the odd sugary food or drink, try having some healthy protein such as nuts to balance the sugar, or pumpkin, chia or sesame seeds as this will slow release the sugar and balance the blood sugar levels.

To your health,

Sadhna x

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