

The Top 20 Worst Foods You Can Eat

By JD Doyle of Ultimate-U Fitness, www.ultimate-u.com

These foods are so bad for you that I really can't see any reason to consume them. Not only do they have zero nutritional value, but they also give your body a healthy dose of toxins, which should make the idea of eating them really hard to swallow. This info here comes from several sources, including *Nutrition Action Newsletter*, Mercola.com, and my own personal observations.

1. DOUGHNUTS

Fried, full of sugar and white flour and most all varieties contain [trans fat](#). Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat. An average doughnut will give you about 200 to 300 calories, mostly from [sugar](#), and few other nutrients. It's too bad that we view doughnuts as a breakfast food as, nutritionally speaking, eating a doughnut is one of the worst ways to start off your day.

2. FRENCH FRIES (and Nearly All Commercially Fried Foods)

Potatoes are bad enough when consumed in their raw state, as their simple sugars are rapidly converted to glucose that raises [insulin levels](#) and can devastate your health. But when they are cooked in trans fat at high temperatures, all sorts of interesting and very unpleasant things occur. Anything that is fried, even vegetables, has the issue of [trans fat](#) and the potent cancer-causing substance [acrylamide](#). Foods that are fried in vegetable oils like [canola](#), soybean, safflower, corn, and other seed and nut oils are particularly problematic. These polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer and weight gain.

3. SODA

One can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors, sulphites, and phosphorus. Phosphorus leeches calcium from teeth and bones. Hence, studies have linked soda to osteoporosis, obesity, tooth decay, diabetes and heart disease. The diet varieties are also problematic as they still contain all the same ingredients, except they replace sugar with harmful artificial sweeteners like [aspartame](#). If you routinely drink soda--regular or diet--eliminating it from your diet is one of the simplest and most profound health improvements you can make.

4. PREMIUM ICE CREAM CONES, SUNDAES, SHAKES

These dairy treats, including Haagen-Dazs, Baskin Robbins, Cold Stone Creamery, Ben & Jerry's, and Friendly's tend to pack in twice the fat and calories of regular ice cream. A double scoop cone, sundae or shake averages between 600-800 calories, over 20g of saturated fat, and 75g of carbs. Top it off with hot chocolate fudge, nuts, whipped cream, chocolate candy pieces, or add a waffle cone, and the numbers climb to over 1,000 calories and 4 days worth of fat. If you must go, satisfy yourself with a small frozen yogurt or sorbet. At the grocery store, go with Breyer's Low Fat, No Sugar Added line.

5. CHIPS (All Snack Varieties)

Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat, high glycemic carbohydrates, sodium, artificial flavors, colors, and preservatives. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans fat. However, the high temperatures used to cook them will potentially cause the formation of [carcinogenic substances like acrylamide](#), and this risk remains even if the trans fat is removed.

6. PIZZA HUT'S BIG NEW YORKER PIZZA

Pizza Hut brags that The Big New Yorker plain cheese pizza weighs about three pounds before baking. But when it comes to pizza, bigger isn't better. Even if you split this monster with three other people, your two slices will end up with almost a full day's saturated fat (17 grams) and sodium (2,200 mg), and 790 calories. That's without sausage, pepperoni, or anything else. You can make your own healthier version of pizza using a whole wheat pita or wrap, low-cal tomato sauce (Ragu Light or Healthy Choice), organic mozzarella, and top it with some chicken, peppers, mushroom, etc.

7. DENNY'S GRAND SLAM BREAKFAST

This belt-buster breakfast (2 eggs, 2 sausage links, 2 strips of bacon, and 2 pancakes) may seem like a great deal to your wallet, but it's no bargain for your waistline or arteries. It'll sock you with three-quarters of a day's total fat (50 grams) and saturated fat (14 grams), nearly a full day's sodium (2,240 mg), and one-and-a-half day's cholesterol (460 mg) — not to mention 800 calories. If you must eat at Denny's, try the Slim Slam instead. It slashes the calories to 600, the fat to 12 grams, the saturated fat to 3 grams, and the cholesterol to 35 mg.

8. WHOLE MILK

Processed milk is literally poison. The pasteurization process destroys the vitamins and digestive enzymes, denatures the protein, reduces the availability of minerals, and turns the fat rancid. Homogenization further renders the fat and protein indigestible.

Recombinant Bovine Growth Hormone and antibiotics which are fed or injected into the cows for increased milk production and disease control, respectively, contribute to intestinal inflammation, allergic response, fat storage, and tumor growth. Alternatives: organic cow's milk (still pasteurized & homogenized, but no antibiotics, hormones, or pesticides), organic goat's milk (no homogenization), or almond milk (none of the above issues).

9. SOY MILK/ SOY PRODUCTS

Soy isoflavones have been touted to lower cholesterol, prevent cancer, and reduce menopausal symptoms. However, all of the latest research proves none of the above is true. In fact, soy has so many negative effects that it ranks as one of the worst foods you can consume. Soy is a phytoestrogen, which means it has estrogen-like effects. This disrupts the normal hormonal balance critical for good health in men and women alike. It has the highest concentration of phytic acid of any food, which blocks the uptake of essential minerals like calcium, copper, zinc, iron, & magnesium. It also contains trypsin inhibitors, which block the enzymes necessary to digest proteins and assimilate amino acids. It contains goitrogens, which depress thyroid function. Finally, when soy is processed (like cow's milk) its fragile proteins are denatured and rendered useless.

10. FARMED SALMON

Tests of farmed salmon from US grocery stores show that it contains 16 times the level of PCBs of wild caught salmon. PCBs are cancer causing chemicals that were banned in 1976 but continue to contaminate every waterway in this country. A loophole in FDA regulations allow farmed fish to contain levels of toxins that would be considered unacceptable if the fish were wild caught. As a result, 10.4 million Americans face a serious cancer risk from eating salmon. As if that were not bad enough, the fish meal fed to farm raised fish contains large amounts of pesticide laden soy and corn meal, in addition to ground up smaller fish fed those crops. Wild caught salmon eat small fish raised on plankton and other sea vegetation. This changes the ratio of omega-6 to omega-3 fats in the salmon, which negates many of the benefits of eating salmon in the first place.

11. PASTA WITH ALFREDO SAUCE

Why not melt a third of a stick of butter on your pasta? You might as well if you top your pasta with Alfredo. This meal is a deadly combo of high glycemic carbs and saturated fats. Choose a low-cal tomato based sauce instead (Ragu Light or Healthy Choice) and try whole grain pasta.

12. QUAKER 100% NATURAL OATS & HONEY GRANOLA

Believe it or not, one cup of this stuff has 528 calories, 28g of fat and 60g of carbohydrates. Does Mother Nature want you eating half a cup of oats coated with three teaspoons of sugar and laden with more artery-clogging fat than you'd get in a McDonald's hamburger? No doubt she'd prefer you eat low-fat, low-sugar, whole grain or bran cereals like Grape-Nuts, Wheaties, Kellogg's All-Bran, Post 100% Bran, shredded wheat, or Wheatena. Better yet, cook up some whole grain oatmeal or steel cut oats and top it with fresh blueberries or strawberries.

13. CHOCOLATE CANDY BARS

Probably the original "junk food", you can't be surprised these are on the list. The average chocolate coated candy bar packs 275-350 empty calories, including 25-40g of sugar, 15-20g of fat, and plenty of artificial colors, flavors, and preservatives. Much research supports the idea that chocolate contains opiate type substances which makes it as addictive as any drug. As to the hype that chocolate contains antioxidants and can actually be good for you...you can get double the antioxidants and none of the fat and chemical additives from a serving a fruit. Chocoholics can try a chocolate flavored low carb protein bar or shake to get their fix.

14. HOT DOGS & SAUSAGES

Wieners are literally the garbage disposal of the meat processing industry. Whether you choose pork, beef, turkey or chicken dogs, be aware that you're eating organs, nerve tissue, brain tissue, bone pieces, hooves, and other unsavory and unsafe parts of animals that were kept in extremely unsanitary pens and fed grains laced with hormones, antibiotics, pesticides and fecal matter. Experts believe if some version of mad cow disease surfaces in the U.S. food supply, it will appear in these meat products. If you're still hungry, check out the fat and sodium content.

15. MOVIE THEATER POPCORN

A large bucket of unbuttered popcorn that pop in coconut oil has almost 3 days worth of artery clogging fat! Add the fake “butter” and you boost the fat to almost 4 days worth. That’s like eating 8 Big Macs! Most theater chains have recently changed to using vegetable oils instead of coconut, but that’s no better. Even though these oils have less saturated fat, under high temperatures unsaturated fats become rancid, essentially turning into trans-fats. Bring your own air-popped popcorn!

16. OSCAR MAYER LUNCHABLES

It would be hard to invent a worse food than these combos of heavily processed meat, fatty cheese, and mostly white flour crackers. The line averages 5 teaspoons of fat and 1,710 mg of sodium. Even the “Lean Turkey Breast & Cheddar Cheese on Wheat” has more saturated fat than a Quarter Pounder and twice as much sodium. If mothers are using these for school lunches, no wonder we have a child obesity epidemic.

17. SUGAR CEREALS

Sugar Puffs, Fruit Loops, Cap’n Crunch, Cocoa Puffs, etc. They seem so harmless, almost healthy, since they contain little to no fat, and are fortified with at least 8 vitamins & minerals! The problem is, these foods are so high in sugar, and so low in protein and fiber, that starting (or ending) your day with them will wreak havoc on your metabolism and energy levels. One study that tested the effects of these products on rats found that there was more nutrition in the cardboard box than in the cereals. Go with a bran based cereal or slow cook oatmeal instead.

18. FRITO LAY’S “WOW” POTATO CHIPS

These chips, like Fat Free Pringles, are fried in Olean (olestra), the indigestible fat substitute. Olean doesn’t provide any calories, but in many people causes gastrointestinal symptoms — some people have said they suffered such severe cramps or diarrhea that they had to go to the emergency room. Olean also prevents the body’s absorption of carotenoids. These products won’t do much to help you lose weight or reduce your risk of heart attack, but might cause you a lot of misery. Instead buy baked potato or tortilla chips.

19. RAMEN NOODLES

What could be wrong with a cup of steaming-hot noodles? Well, because the noodles are pre-fried in artery-clogging hydrogenated oils, then salted with 1,780 mg of sodium. Another unhealthy example of bad carbs combined with bad fats.

20. CAMPBELL'S RED AND WHITE LABEL SOUPS

Campbell's slogan "Soup is good food" - does not apply when half a can averages more than 1,100 mg of sodium. That's about half your ideal quota for an entire day. Try Campbell's Healthy Request line or the Healthy Choice brand, which have less calories and less than half as much sodium as Campbell's regular soups. You can also check out lower-sodium dried soup cups by Fantastic Foods or Health Valley.

JD Doyle holds a M.Ed. in Health Sciences, certifications from ACE & NSPA, and is a HealthExcel Advanced Metabolic Typing Advisor. He owns & operates Ultimate-U Fitness of Sarasota and E-COACH Fitness, the Online Personal Training Solution. Visit www.ultimate-u.com or call 941-726-4580 for more information.

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