

## Foods you should avoid for the rest of your life! Seriously!

1. **French Fries**- starchy, fatty, greasy, salty mess. Absolutely no nutritional benefit. Widely quote as the “atomic bomb” of foods.
2. **Ice Cream/Frozen yogurt**- I know this is the ultimate fun food and so called antidepressant but it’s a nutritional nightmare. Way too much sugar even at a modest serving. Your kids shouldn’t eat this creamy crap either. Also, most brands are loaded with preservatives and artificial flavors.
3. **Hot dogs/smoked and cured meats**- Significant links to cancer, migraines, heart disease, etc etc etc. Dollar dog nights at the Bank are a big reason why Philly is the most obese city. Look for preservative free and uncured fresh sausages. Do you want to know what’s in a hotdog? Didn’t think so.
4. **Any form of Candy**- Duh! Oh and your kids should never really eat it either. Candy is not fun, at least not for your body. Get it out of your home!!!
5. **Unnatural/lowfat peanut butter**- Choosy moms choose Jif right? Might as well eat candy at this point. Look for organic peanut butter with all the fat (it’s good for you) or better yet try almond butter. A high inflammatory food in more ways than one.
6. **Sodas/ice teas/anything bottled not saying water**- There is way too much sugar in these drinks and every bottle actually has 2 servings. Flavored waters are usually no better.
7. **White rice/white pasta/white bread**- If there is anything to blame for America’s obesity problem it’s this three-headed monster. These foods enter your stomach as pure simple sugar, and thus, spike the blood sugar to dangerously high levels. Sadly, most of their “whole grain” “all natural” counterparts are just as bad and probably worse due to excess processing.
8. **Chips/pretzels/Crackers**- Very addicting, very starchy, very fatty (not the good fat), sometimes too sugary, sometimes too salty. Notice how you can’t just eat a few. Don’t buy this junk and stay far away from it at a party or social gathering. I love how they say it’s “all natural”. I will believe a pig playing Parcheesi before a cheez it is considered natural.
9. **Pastries and pies and desserts**- Unless you actually want and desire to be fat this is the way to go. So you just want a treat eh? Start writing out your will because that garbage will lead to an early death even in small amounts. Our bodies are not equipped to digest and utilize this crap for anything but artery clogging.
10. **Pizza/subs/Chinese food**- Super caloric density in small amounts. Non-nutritious and destructive on the GI tract. Just like the previous category, you choose your destiny of weight problems.

