

- Freeze dried-foods / Sugar

5 FOODS TO AVOID FOR AN ILLNESS-FREE LIFE

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It may look appetizing, yet it seems to lead to regrets. Almost everything we crave and consume daily are perceived to be for comfort and satisfaction. Food can heal, but that's only true when we consume them at the right time and in appropriate quantities.



Here are five foods to avoid for a healthy life, which I've always advised in my decades of diet counseling:

Deep-fat-fried foods. Submerging food in large volumes of oil is not good for one's health. It may lift your mood or satisfy your cravings, but the oil absorbed in the food clogs arteries, resulting in hypertension or other heart-related diseases. Opt for boiled, steamed, baked, grilled or roasted food.

Trans fat. According to the Mayo Clinic, "Trans fats are formed through an industrial process that adds hydrogen to vegetable oil, which causes the oil to become solid at room temperature." It's used for baked products and processed foods, and is associated with cardiovascular diseases.

Processed foods. These are foods with additional ingredients to increase shelf life. Preservatives may have adverse effects on your health, especially if you have serious medical conditions. Go natural!

Sugar. All forms of sweets in the market entice our appetite. Simple sugars are the main culprit for obesity and other related medical conditions when taken in excess. These include sodas and alcohols, whether regular or sugar-free.

Unlimited portions. Eat-all-you-can and drink-all-you-can are trends in the restaurant industry. We are happy to get our money's worth. But at the end of the day, you have to realize the results of unlimited calories, carbs, proteins and fats in your body. Unconsciously, it also becomes a lifestyle. Remember, unburned calories mean stored fats.

Avoiding certain foods, or simply lessening your intake, can be part of a successful weight management program. This is not a form of deprivation, but rather a step toward an illness-free life.

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