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Food, eating habits to avoid to save your health

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APPETIZING as it may look, it seems to lead to lifetime of regret. Almost everything we crave and thus consume daily are perceived comforts and satisfies us. Yes, sometimes food can heal but food only does wonders when we consume them at the right time and in appropriate quantities.

In my decades of diet counseling, let me share with you the top five foods and eating habits to avoid to keep a healthy life:

1. Deep-fat-fried foods

SUBMERGING food in a large volume of oil is not good for one's health. It may give you comfort in your mood or satisfy your cravings. But as the food absorbs the oil, it clogs our arteries resulting in hypertension or may lead to other heart-related diseases. You may opt for boiled, steamed, baked, grilled, or roasted methods of cooking.

2. Trans fat

IT'S known to be used for baked products, processed foods, even pastries. It increases shelf life of food products. However, consuming trans fat-laden food results in increased intake of saturated fatty acids that have been clinically proven to be associated with cardiovascular diseases. It is known as the top killer disease in the Philippines.

3. Processed foods

THESE are foods with additional ingredients to increase shelf life. Preservatives may produce adverse effects on your health, especially if you are having a serious medical condition. Go natural.

4. All about sugar

ALL forms of sweets in the market trigger our appetite. Simple sugars are the main culprit for obesity and other related medical conditions when taken in excess. Sodas and alcohols, whether regular or sugar-free, are not exempt.

5. Unlimited portions or servings

IT is a known trend nowadays in some restaurants and hotels. Habitually, we are happy about getting our money's worth for all the food expenses, like enjoying your drink-all-you-can iced teas and eat-all-you-can buffets, free refill of coffee, complimentary cakes, and the list goes on. But at the end of the day, one has to realize the results of unlimited calories, carbs, proteins, and fats in your body. Regularly indulging in these eat-all-can offers calls for a week-long or even a month-long set of physical activities just to get rid of all the unhealthy stuff gained. Remember, unburned calories mean stored fats.

There are so many foods to avoid if you want to have a healthy life, which may become part of a successful weight management program, or due to a specific medical condition. That means you either simply lessen your intake or get rid of unhealthy foods and eating habits.

Avoiding certain foods and habits is not about depriving yourself but rather it is a goal to have an illness-free life. After all, the key ingredients to living a healthy life are self-discipline and a positive mindset at all times.