

# 10 Things TO Ditch From Your Kitch



## 1 Junk food

These are the obvious “bad” foods that contain no nutritional value. They are often “fun” foods or foods that you crave when you’re feeling tired, sad or bored. They don’t satisfy hunger, and they contain loads of sugar and processed ingredients.

*Eg. Candy, chocolate bars, ice cream, packaged cookies, cheesies, potato chips, doughnuts, pop, cake*



## 6 “Snack” foods

Generally marketed as healthy options for kids, these foods are packed with sugar, processed oils and artificial chemicals that leave you wanting more.

*Eg. Cheesy crackers, granola bars, 100-calorie “snack packs”, pudding cups, yogurt tubes, flavoured applesauce, boxed cereal, gummy fruit snacks, pretzels, chips, trail mix*



## 2 Added sugar

Sugar hides in many common foods, even foods that are marketed as “healthy”. Reading ingredient labels becomes important for identifying sneaky added sugars in the diet.

*Eg. Pasta sauces, sports drinks, salad dressings, fruit snacks, soups, yogurt, juice, peanut butter, cereal, jam, bbq sauce, granola bars, dried fruit, coffee creamers, non-dairy milk, tonic/flavoured water, ketchup*



## 7 Pre-prepared, packaged, “convenience” foods

Pre-made foods usually include unpronounceable ingredients, excess sodium and unhealthy fats. They are also a common hiding place for added sugar.

*Eg. Canned soups/chilis, store-bought salad dressings, pasta sauces, “hamburger helper”, “shake n bake”, kraft dinner, frozen dinners, frozen french fries/chicken strips, frozen “appies”, microwave popcorn, instant noodles*



## 3 “White” carbohydrates

These foods spike blood sugar almost as much as consuming white sugar—they are highly processed to remove most of the fibre and nutrients naturally found in whole grains.

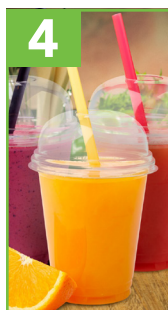
*Eg. White rice, white or “whole wheat” bread, pastries, white flour, bagels, cereal, white pasta, wraps, naan bread*



## 8 Artificial colors, sweeteners and flavours

The epitome of “fake food”—generally artificial additives are loaded with chemicals that the body can’t recognize.

*Eg. Diet beverages, splenda, sweet n low, zero calorie drinks, brightly colored beverages or foods, any ingredient containing a number—generally found in processed/package foods*



## 4 Fruit juice

Since all the fibre from the fruit has been removed, the copious amounts of fructose sugar found in juice hit the bloodstream quickly, just like pop would. This causes blood sugar imbalances and can lead to weight gain and develop insulin resistance.

*Eg. Cranberry cocktail, grape juice, apple juice, orange juice, tropical juice blends, etc.*



## 9 Preservatives

These are chemicals that don’t belong in food. They can have toxic effects on the body and should be avoided whenever possible!

*Eg. BHA, BHT, TBHQ, Sodium Benzoate, Sodium Nitrate, Azodicarbonamide*



## 5 Processed vegetable oils

Vegetable oils are often processed at high heats and are therefore damaged by the time we ingest them. They are often high in hydrogenated trans-fats, which lead to health risks. Furthermore, their high content of Omega 6 fatty acids cause an imbalance in the ratio of Omega 3 to Omega 6 in our bodies, leading to inflammation.

*Eg. Soy oil, corn oil, cottonseed oil, cooking sprays, canola oil, shortening, margarine, most mayonnaise and vegan mayo, “buttery spreads”, etc.*



## 10 “Ultra processed” foods

These foods that don’t resemble a real food in any way! They will have long ingredient lists with many unpronounceable ingredients.

*Eg. Cheese whiz, cool whip, canned meat products, hot dogs, chicken/fish nuggets, packaged baked goods, breakfast cereals, flavoured coffee creamers, fake meat products*

