

Melissa Laine Wellness

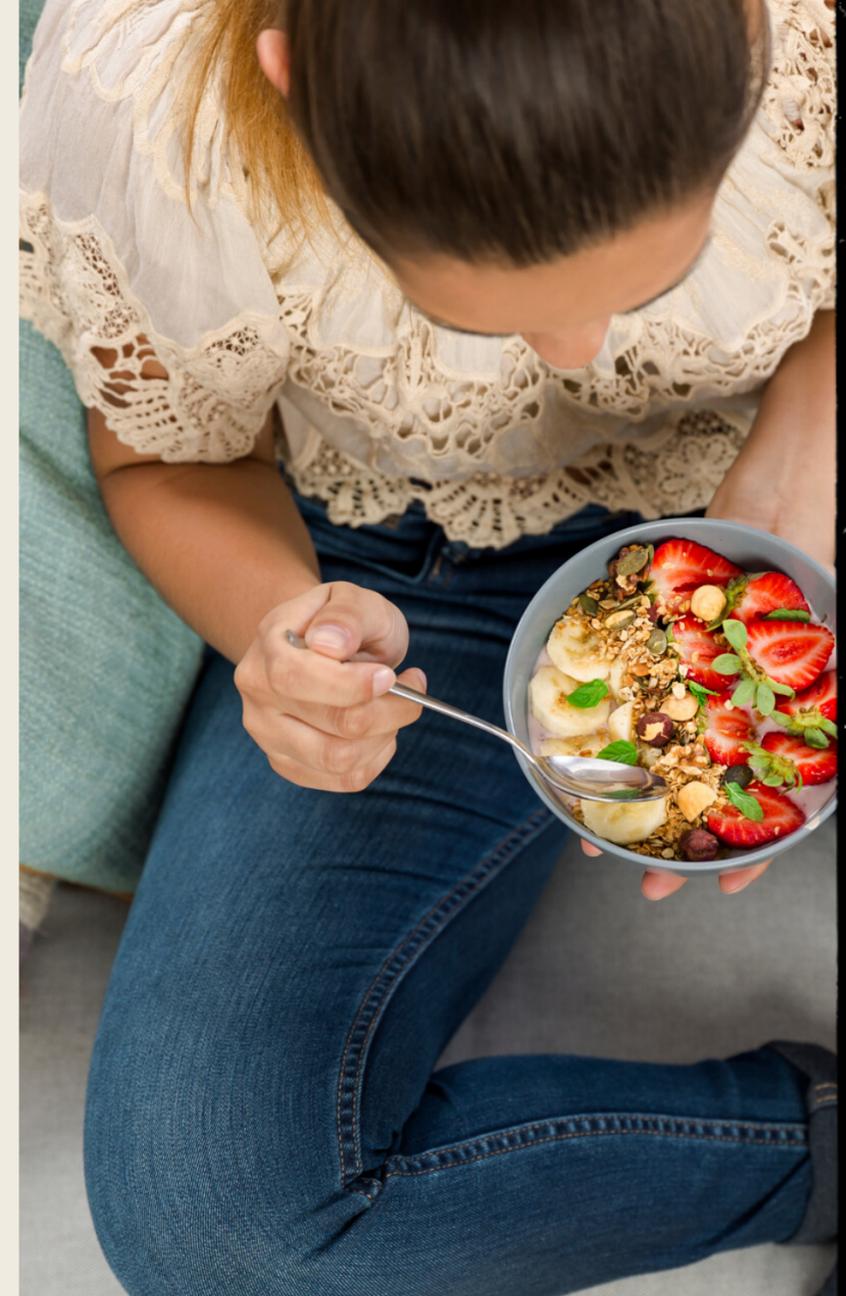
5 SEEMINGLY 'HEALTHY' FOODS THAT ACTUALLY AREN'T



As more health foods hit the shelves of grocery stores, it's important to learn how to look beyond the label.

Just because something is labeled "organic," "sugar-free," "all-natural," and "gluten-free", it doesn't mean it gets a 'health stamp of approval'.

A lot of these foods & products may not deserve the 'health' label we grant them. So, here are 5 of the foods that you may think are promoting long-term health, but could have lots of added sugars, sodium, oils, etc.



homes of doors, roof beams and slates, and anything
might be useful in their new lives.

At the top of the village, way above, was the two-storey house where Peig Sayers had lived. It had been modern and strong in 1910, but the winds had punctured the slate roof and blown out the windows. In the seventies it was bought by a rich and eccentric pilot from Alabama called Taylor Collings, who visited the Great Blasket on holiday and fell in love with it. Seized with an ambition to rebuild the village as a holiday ranch, he called on exiled islanders and bought their plots, very cheaply. After all, who could expect big money for a derelict house on an inaccessible island? One man sold for a bottle of brandy, or so the rumour went. Collings was larger than life and the people west of Dingle loved a character, so some were sorry when his plans came to nothing.

The next time anyone thought about who owned the Great

Something to think about

' TODAY, MORE THAN 95% OF ALL
CHRONIC DISEASE IS CAUSED BY FOOD
CHOICE, TOXIC FOOD INGREDIENTS,
NUTRITIONAL DEFICIENCIES AND LACK OF
PHYSICAL EXERCISE. '

- MIKE ADAMS

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1. Vegetable Oils

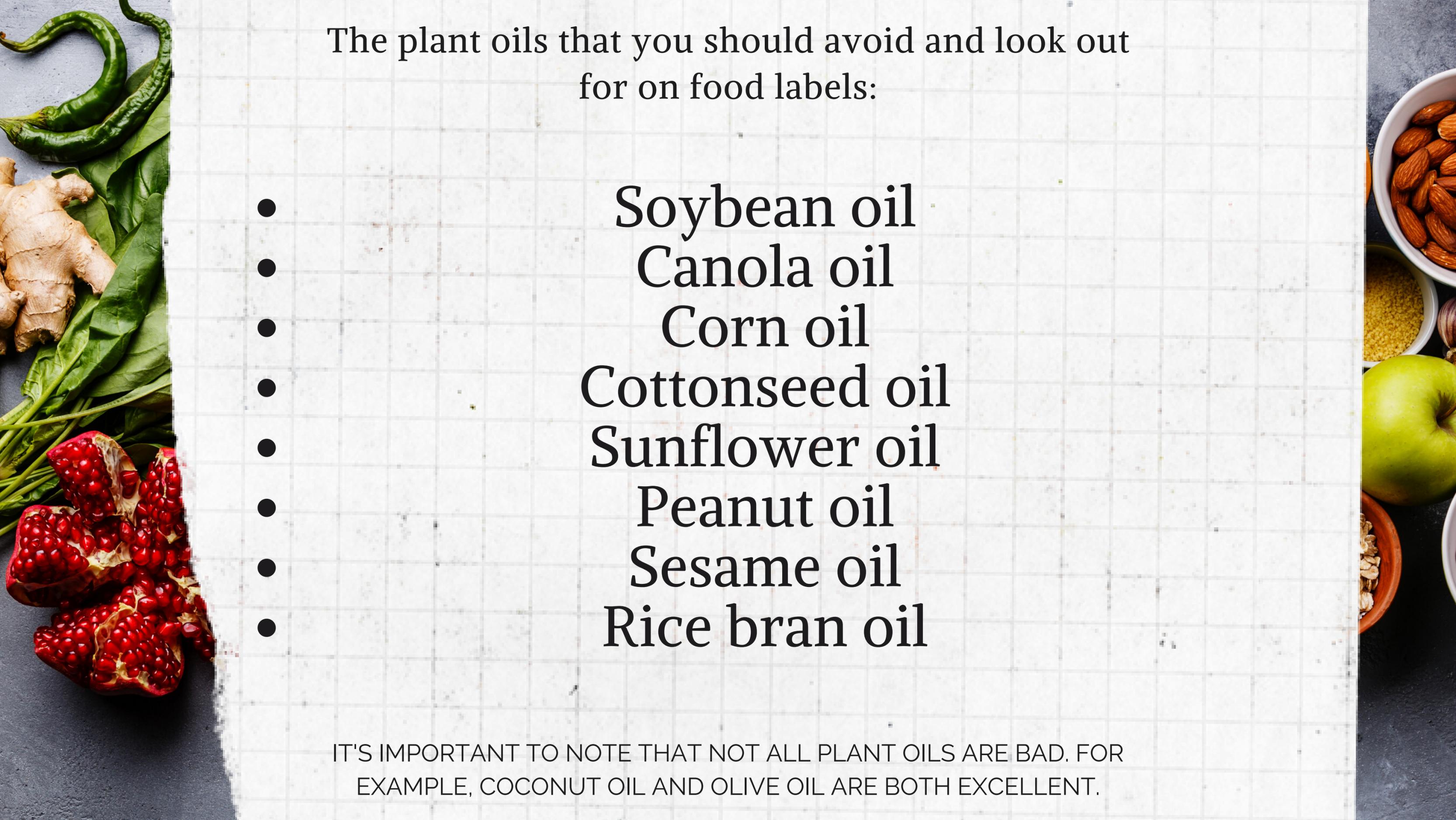
Oils extracted from plants are commonly known as vegetable oils.

Nothing about this process is natural, making one doubt whether such oils are still appropriate for human consumption by the end of the whole process. Not only are you not getting any vegetables, you're overloading your system with their toxins, trans fats, and lots of other oxidative byproducts.

Here's a shortlist of why you should stay away:

- **Vegetable Oils Induce an Imbalanced Omega-6 to Omega-3 Ratio**
- **Vegetable Oils Are Highly Unstable**
- **Vegetable Oils Are Full of Chemicals**

Scientists have hypothesized that too much omega-6, relative to omega-3, may contribute to chronic inflammation. Chronic inflammation is an underlying factor in some of the most common Western diseases, such as cardiovascular disease, cancer, diabetes and arthritis. Oxidative byproducts include trans fats and lipid peroxides. These can damage DNA, proteins, and membrane lipids throughout the body.



The plant oils that you should avoid and look out for on food labels:

- Soybean oil
- Canola oil
- Corn oil
- Cottonseed oil
- Sunflower oil
- Peanut oil
- Sesame oil
- Rice bran oil

IT'S IMPORTANT TO NOTE THAT NOT ALL PLANT OILS ARE BAD. FOR EXAMPLE, COCONUT OIL AND OLIVE OIL ARE BOTH EXCELLENT.

2. Sports drinks

We've been wrongly convinced that we need sugar water to prepare for a workout and "refuel" after hitting the gym. In reality, exercise scientists recommend drinking water and eating or drinking 20 grams of protein, since *studies suggest* that helps recondition and build muscles.

3. Gluten-Free, Vegan or Organic snacks

Once and for all, just because something is gluten-free, vegan or organic, it doesn't necessarily mean that it's a healthy option. Many gluten-free, organic snacks and vegan desserts are filled with just as many empty calories, high sugar counts and veggie oils as their counterparts.



4. Low-Fat Salad Dressing

Low-fat dressings aren't the best option for our salads.

Low-fat dressings often replace the fat with added sugar, salt, high-fructose corn syrup (which is so gnarly), and more tjollas.

Many of the nutrients found in your salads are fat-soluble vitamins such as vitamin A, K, E, D, which all require **fat** to be best absorbed in your body. So picking a low-fat option can inhibit the absorption of these vitamins. **Remember, fat is good!**

Learn how to use fresh herbs, spices, fresh pressed fruit juice, raw apple cider vinegar and olive oil, to dress up your salads.



5. Protein bars

When you're deciding on a new protein bar or meal replacement bar, take a good look at the ingredients.

While protein bars do have a lot of protein, they often also have a ton of calories and sugar. Some protein bars' nutrition is similar to candy bars.

If you're looking for a decent protein bar, always check the nutrition facts and ingredients list to make sure it's not filled with added sugar, dangerous fats and chemicals.

Here are some of the most common 'less-than-healthy' ingredients found in protein bars:

- **Sugar alcohols**
- **Carrageenan**
- **Soy**
- **Refined sugar and high fructose corn syrup**
- **Casein and whey**

As a general rule of thumb, I recommend that you avoid protein bars if you have no idea what the ingredients are, and you don't know how to pronounce their names.

If it doesn't come from a food source you recognize, don't eat it.



Healthier food options are all around and really easy to enjoy on a daily basis. It just takes a little help unlearning some of the things you believe about food, a willingness to start a new way of eating and some tips on how to 'spot the tjollas'.