

Title:

Fake food : top 10 most deceptive foods that everyone thinks are healthy but are not

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Summary:

Do you know that some health foods are not actually healthy? Common healthy foods like milk, c

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Article Body:

1. Pasteurized Milk

Milk is touted as a healthy food, and most people assume that it does a body good. But pasteurized milk is not a better alternative?

Raw milk is milk that hasn't been pasteurized. Why raw milk?

Supporters of raw milk say the pasteurization process kills most, if not all, microorganisms.

The Campaign for real milk says that raw milk comes from cows that are properly fed. Cows that are not properly fed produce milk that is not healthy.

They also say that pasteurization destroys enzymes and diminishes vitamin content. Pasteurized milk is not a better alternative?

Raw milk will sour naturally due to the bacterial production of lactic acid and still be healthy.

2. Fruit Juice and Sodas

Fruit juice may be delicious, but it's often loaded with even more high-fructose corn syrup than the fruit itself.

Fructose reduces the affinity of insulin for its receptor, which is the hallmark of type-2 diabetes.

The annual 'Liver Meeting' of the American Association for the Study of Liver Diseases which took place in 2008.

The research team concluded that consumption of high fructose can have negative effects on liver health.

A better alternative? Delicious, healthy and convenient Dong Quai and Coco-Biotic, both of which are available at [Vitality SuperGreen](#).

3. Whole Grains

Many foods from bread to breakfast cereals advertise that they are now made with whole grains.

If you have digestive problems or suffer some of the classic autoimmune reactions (e.g. allergies), whole grains may not be the best choice.

Conventional whole grains lack vitamins and minerals, can be difficult to digest, and often contain gluten.

A better alternative? Grain-like seeds millet, quinoa, buckwheat, and amaranth are gluten free and healthy.

4. Cereal

Cold cereal seems like a convenient and healthy meal, but combined with pasteurized milk, it is not a healthy meal.

For more on cereal and healthy alternatives, read: [The Four Major Health Risks of Conventional Cereals](#)

A better alternative? Make your morning meal green! Try [Vitality SuperGreen](#) or a [Good Morning Smoothie](#).

5. Processed Cheese

Processed cheeses, especially individually wrapped slices, have little nutritional value. They are not a healthy meal.

A better alternative? Make [Young Coconut Kefir cheese](#) or on stage two of the [Body Ecology diet](#).

6. Protein Bars

Protein bars now compete with candy bars in convenience stores and grocery aisles, but protein bars are a better alternative? Soaked almonds and other nuts are easy and delicious snacks for those on the go.

7. Energy Drinks

Their labels say they contain various herbs, minerals and the amino acid taurine, specially designed for athletes. Yet their glitzy designs and claims to improve your performance, concentration and reaction speed are often misleading.

8. Fast-Food Salads

Yes, you went to that fast-food joint near your office for lunch, but all was not lost you ordered a salad. And while some won't come right out and say they're healthy (McDonald's, for instance, no longer sells salads). But all salad is not inherently healthy.

In fact, most of the salad ingredients that most fast food chains use make most of them no more healthy than a burger. One of their more startling findings: McDonald's Crispy Bacon Ranch Salad has more fat and calories than a Big Mac. Culprits that make good salads go bad are fried meats, additions like croutons and crispy noodles. A better alternative? Create your own fresh salad using lots of veggies, some lean protein (eggs, chicken, turkey).

9. Soy products

Soy products, including soy milk and soy protein have been linked to digestive distress, immune system problems. Soy milk has some negative aspects which are as follows :

- It contains a lot of phytic acid
- It contains hemagglutinin which causes the red blood cells to clump together. However, it is not a problem for most people.
- The genetic modification involved in the process of preparing soy milk may cause lysinoalanine formation.
- It contains aluminum
- It contains trypsin inhibitors

A better alternative? Fermented soy products like miso soup, natto and tempeh.

10. Oatmeal

For many people who suffer wheat and gluten allergy or intolerance, oatmeal also becomes and unsafe. Oatmeal seems harmless enough and doesn't actually contain gluten. But oatmeal can be unsafe if it's contaminated with gluten. A better alternative? For a warm, convenient morning meal, try Body Ecology's Hot Breakfast Porridge.

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