

Title:

Five "Health Foods" That May Be Making You Sick!

Word Count:

809

Summary:

There are many of us who are dieting and trying to live a healthy lifestyle. We exercise and g

Unfortunately some of the very foods that we think are healthy are ones that can cause a lot o

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Article Body:

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Artificial Sweeteners

Many people who are dieting, whether it is low calorie or low carb diets, will opt for beverag

All the artificial sweeteners are bad, but one of the worst sweeteners for us is NutraSweet (E

A much better alternative to chemically derived sweeteners is stevia, which comes from a plant

Sports Drinks

Although marketers would have us believe that sports drinks are what the body needs when exerc

Most Energy and Sports Bars

Most sports and bars are also filled with things that are not the best for our bodies, and are

Soy Products

This is one of the most surprising ones of all, after all soy has been used for countless gene

But the way we use soy as a meat alternative (texturized vegetable protein or TVP) can be very

Granola (and Other Unprepared Grains)

For the last 30-40 years granola has been synonymous with heath food. But eating unprepared gr

There are anti-nutrients in grains (like there are in soybeans), such as phytic acid and enzym

So, stay away from the granola. Oatmeal is an excellent addition to our diets, but use whole r

Good breads to eat are those that have properly prepared grains, including whole grain sourdov

If you are trying to lose weight and/or eat healthier, remember that just because a company ma

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