

TONIC

LONDON

DON'T WISH FOR A HEALTHIER BODY. OWN ONE.

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FOODS TO AVOID....FOREVER.

The secret to fat loss is not about fitting more exercise into your life or lifting heavier weights at the gym, although both of these do help of course. Instead, it lies within the simple action of lifting your fork to your mouth, or choosing not to. The foods you eat have a major effect on your weight and how you operate. Some foods like full-fat plain yoghurt, coconut oil and eggs can help with weight loss. Other foods, especially processed and refined products, can make you gain weight. Most people think that they're pretty healthy, but if you really look at your diet you will more than likely discover, not all is as it seems.

1

FLAVOURED YOGHURT

This seemingly healthy snack often delivers a serious hit of sugar and is sometimes no better than a handful of M&M's

2

WHITE RICE

Just buy brown rice. White rice is stripped of filling fibre and healthy antioxidants and much of its nutritional value.

3

GRANOLA

Granola is touted as a health food but its usually laden with as many as five different varieties of sugar plus added fats.

4

Margarine is often advertised as the better-for-you alternative to butter, but its not. Its actually laden with trans fat and lacking in nutrition. Choose small amounts of olive or coconut oil where you would normally use butter.

5

Microwave popcorn is often high in sodium, fat and the bags are lined with chemicals that can have a negative effect on health. It's healthy when it's air-popped or cooked on the hob with a small amount of oil.

6

Energy bars are just sweet bars by a different name. Most are loaded with sugar and can contain more than 200 calories, with some up to 500!

With buzzwords like 'sugar free', 'all natural', 'low fat' and 'organic' eating healthy can be confusing. If your goal is to lose weight, then stay far away from these foods.

Dried fruit. Whilst dried fruit does contain fibre, vitamins and minerals, many companies add sulphur and sugar to make it better for store shelves. Eating fresh fruit instead is much more filling and has fewer calories.



Energy Drinks. There are so many energy drinks on the market, many with promises of lifting you up with the added caffeine, vitamins and minerals, that it's tempting to think these drinks are healthy. Similar to supplements, energy drinks aren't regulated so its best to stick to plain old water and whole nutrition to energise yourself.

Diet Soda. The word diet doesn't always equate to healthy. Made with artificial ingredients and flavourings, diet soda is not only unnatural and high in sodium, but regular diet soda drinkers have been shown to eat more calories after consuming diet cola.

Fruit Juice. Whilst fruit juice does contain tons of vitamins and minerals, unless you're looking to gain weight, fruit juice is just a quick way to drink a bunch of calories without filling you up. Instead of drinking your juice, munch on a good selection of two or three whole fruit servings a day.

Pasta. Regular or refined pasta loses its fibre during the processing, so any nutrients the wheat may have contained initially, are lost. Refined grains pass through your body quickly and leave you feeling hungry shortly after you finish eating. If you love your pasta then chose whole grain varieties which will digest more slowly in your body and leave you feeling fuller for longer.

Table Salt. Manufacturers completely change the chemical structure of salt. The naturally occurring iodine is destroyed and replaced with potassium iodide, its also stabilised with dextrose and bleached white. Best thing is to stick to the original product: Celtic sea salt or Himalayan salt.

A WORD ABOUT SUGAR

Sugar is the single worst ingredient in the modern diet and some sources are more harmful than others. Whilst sugar has never been considered a health food, new evidence shows sugar can do even more damage than previously thought, setting you up for obesity, diabetes, and heart disease. When consumed in large amounts, sugar can drive insulin resistance in the body and is strongly linked to non-alcoholic fatty liver disease. And don't forget about the ways sugar plays with your blood glucose levels, sending them surging, then crashing - leaving you fatigued, brain fogged, and irritable. Weaning yourself off sugar can be daunting because it can hide in so many foods, but slashing sugar from your diet is a food trend worth following for better health.



Cheryl Hicks offers Tonic patients complimentary support with motivation, health and well-being. Drop Cheryl an email on cherylkhicks@me.com for free support and further information.