

10 Most Unhealthy Foods You Should Avoid

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Have you ever thought that, the food you are consuming may have a negative effect on your health. There are many foods which are believed to have the, good nutritional value, but on the contrary, these foods have negligible nutritional value. Foods, which should be excluded from the diet are:

#1. Brown Bread -



image source : www.dovesfarm.co.uk

Most of us believe that brown bread is good for health, but it is not true. All the breads made of whole grain flour contain gluten. Gluten is a protein which is found in the wheat, barley and rye. Though this protein has little nutritional value, but the protein can damage intestine, and can also it affect the digestive system.

#2. Vegetable Juice -



Image Source : www.onegoodthingbyjillee.com

Vegetable fruits are believed to be nutritious, but eating raw fruits is more nutritious because will extracting the juice out of the juice out of the fruit all the minerals and vitamins are vanished and the fibers found in the fruit are removed. Those fibers are good for stomach, it aids digestion, helps to keep you regular and can help to prevent colon cancer. Moreover, the packed fruit juice contains chemicals .

#3. Dietary Products -



Image Source : www.thedairymom.blogspot.com

Milk is considered as the best source of the calcium. Undoubtedly it is but the other dairy products such as butter and cheese contains bad fat, which leads to obesity and increases the cholesterol level. Some people consume these products for the sake of the taste, but they are unable to digest it, it is because of the lactose present in the dietary products. People who find a problem in digesting might be allergic to it and may suffer from Lactose intolerance.

#4. Sweet Food -



Image Source : www.bollywoodrestaurant.ca

Indians are made for sweet dish almost every person loves to eat kaju ki katli, barfi, rasgulla and etc also we have a ritual of make sweet dish during festivals. The intake of sweets may lead to diabetes, obesity and it increases the cholesterol level. It causes pimples too.

#5. Caffeine-



Image Source : www.spiritualriver.com

Coffee and tea are ought to be stress busters but the prolonged intake of coffee and tea may

damage your brain because it contains caffeine which causes rapid rapid heartbeat, muscle tremors and irritability. So it should be consumed in a minimal amount as possible.

#6. Processed Food -



Image Source : www.blackgirlsguidetoweightloss.com

Processing means the changes made in the food to increase its shelf life and to add taste in it. The packed foods like chips, Canned fruit, sauces, Jellies, Jams and etc are passed through various stages in which preservatives and other chemicals are added in it . Also the spices added in such foods are cheap and unstandardised. The jellies and sauses are made from rotten fruits and vegetables which can lead to the stomach related problems . So avoid consuming processed foods.

#7. Flavored Milk -



Image Source : trade.indiamart.com

Choklate milk, strawberry milt almond and etc milk have added sweetener and flavor and artificial colors which causes diabetes, obesity and heart disease.

#8. Ghee -



Image Source : www.vadikherbs.com

Ghee is believed to be good fat as compared to the butter. But it contains high amount trans -fatty acids, which is the chief cause of high cholesterol, high bad cholesterol and low, good

cholesterol. It causes obesity, heart related diseases.

#9. Seasoned Salad -



Image Source : www.takepart.com

There are many types of salads. The one is a mixture of the diced veggies such as cucumber, tomato, radish, carrot, turnip, cabbage with spice to add the taste. And the other type is cooked food mixed with a sauce and almost always served cold. Both the types of salads lose their nutritional value the moment spices and, sauce, Mayonnaise is added to it, moreover vegetables like cabbage should not be eaten raw, they might contain worms which are not visible to the naked eye.

#10. Diet Soft Drink/Soda -



Image Source : instituteofnaturalhealing.com

the advertisement of diet cola may allure you by reciting its goodness, but in reality such drinks contain a chemical and added sweeteners which might lash down few calories but are not good for health.