



TENNISNUTRITIONSECRETS

Foods To Avoid



Sugar, Soft Drinks and Fruit Juice



Many believe that sugar is a significant factor behind not only obesity, but also many chronic and life-threatening diseases. In particular, some sources suggest that many cancers may also be attributable to sugar. For years we have accepted that smoking leads to lung cancer and alcohol abuse leads to cirrhosis. In years to come we may prove a similar link between sugar and many cancers.



Sugar, Soft Drinks and Fruit Juice

High fructose corn syrup (HFCS) is a particularly concentrated, heavily processed form of sugar. It is particularly harmful when consumed at high levels, and is known to cause significant damage to the intestinal lining. This in turn can result in absorption of not only nutrients, but also potentially harmful bacterial byproducts and partially digested proteins. The resulting inflammation may at least partially explain the link between excessive sugar consumption and several diseases, including cancer, heart disease and dementia. HFCS also causes a sudden rise in blood sugar, which puts stress on the pancreas and can lead to diabetes.

Soft drinks contain massive amounts of sugar – as much as 10 teaspoons per can, often in the form of HFCS. To make matters worse, they contain large amounts of artificial colors and flavors. Research shows an association between excessive soft drink consumption and osteoporosis, obesity, tooth decay and heart disease. In addition, the sugar from soft drink will satisfy your appetite so you are less likely to want to eat healthy foods. Diet varieties are not a solution – they contain potentially harmful artificial sweeteners. And while fruit juice seems like a healthy alternative, don't be fooled: although it contains some beneficial nutrients, it has just as much if not more sugar than a soft drink.



Commercial Cow's Milk

It can be argued that cow's milk should not be consumed by humans. It is overly processed and loaded with antibiotics. Antibiotics injections increase sick-ness and drug use in dairy cows. Cows exposed to antibiotics will create lower quality–milk containing more pus and bacteria compared to milk from untreated cows. Processed commercial milk



contributes to millions of Americans allergic reactions allergic to it. An allergic reaction to milk can contribute to symptoms like diarrhea, vomiting stomach pain, cramping, gas, bloating, nausea, headaches, sinus and chest congestion, and a sore, or scratchy throat. Milk consumption has been linked to many other health conditions as well, such as asthma, atherosclerosis, diabetes, chronic infections (especially upper respiratory and ear infec-tions), obesity, osteoporosis and cancer of the prostate, ovaries, breast and colon. Avoiding commercial milk altogether is best, and it's better to seek out higher quality dairy products such as raw cheese, good quality whole yogurt, butter and cream that has not been ultrapasteurized.



Soy



Although it is a good source of protein, soy contains very high levels of at least four harmful substances: phytoestrogens, goitrogens, phytates and trypsin inhibitors. Phytoestrogens are a form of estrogen that affect our bodies in the same way as natural estrogen. Studies suggest that consumption of excessive estrogens can be dangerous. Goitrogens are substances that prevent iodine uptake by the thyroid and suppress its function. Phytates have enzyme inhibiting activity that reduces out absorption of minerals. Finally, trypsin inhibi-tors suppress the activity of trypsin, an enzyme that digests protein. If it is suppressed strongly enough, digestive problems such as stomach cramps, diarrhea, bleeding and pancreatic disease can arise.



Wheat Bread



Many people do not realize that the wheat we consume today is actually a far cry from the wheat our ancestors ate. Today's wheat is the result of extensive genetic modification in the 1960s and '70s. It undergoes gamma irradiation during processing, and contains a toxin called sodium azide. But perhaps even more importantly, it contains new types of proteins that our bodies have not evolved to be able to digest. In particular, our bodies struggle to digest gluten, which can lead to fluctuations in blood glucose, immune reactions and inflammation in the intestines. This is likely to be one of the key reasons for the many health problems we are seeing as a result of wheat, including celiac disease, inflammatory bowel disease, acid reflux, obesity, asthma and dermatitis.



Monosodium Glutamate (MSG)



Monosodium glutamate (MSG) is an artificial flavoring that is found in many everyday foods. Research indicates that MSG can impair the hypothalamus, the part of the brain that responds to signals related to appetite. The hypothalamus becomes unable to detect fullness, causing people to remain hungry and potentially eat much more than they should. This can obviously lead to weight gain.



Hydrogenated Oils



Hydrogenation is a process in which oils are heated to extremely high temperatures under pressure in order to change their chemical structure. The result is that when the 'oil' is returned to room temperature, it takes the form of a solid. One of the products of hydrogenation is known as trans fat. On a molecular level, hydrogenated oil is actually more similar to plastic than to oil! Because the oil is denser, when it is absorbed it can cause sluggish blood flow and increased blood pressure. In addition, the process of hydrogenation is aided by a solvent such as hexane, which often remains in the final commercial product in low levels and can have toxic effects. Two of the most common hydrogenated oils are margarine and canola.



Margarine



Margarine has high levels of trans fats, which contribute to many diseases affecting the heart, bones, skin and reproductive tract as well as some cancers and hormonal imbalances. In children margarine consumption has been linked to growth problems and learning disabilities. As a result of its heavy processing, margarine also contains free radicals that further increase the risk of heart disease and cancer. Finally, margarine contains several emulsifiers, preservatives and solvents that may act as toxins in the body.



Canola Oil



Though it has been shown to reduce cholesterol levels in the short term, canola oil has high levels of rancid and toxic trans fats that can significantly increase the risk of heart disease in the long term. It is a very unnatural oil in that not only does it undergo hydrogenation, it is also sourced from genetically modified crops – canola is not actually a natural crop; it is the result of modification of rapeseed crops. Canola oil contains very low levels of vitamins, and even its omega-3 content is in a form of alpha linolenic acid, which is not easily utilized by the body.



Fast Food and Fried Food



Fried foods, and indeed most fast foods, tend to have minimal nutritional value and are very high in cheap saturated fats and hydrogenated oils, which put you at higher risk of heart disease and stroke. Many fast foods also contain harmful additives and preservatives. Due to their huge calorie count, fried food are a leading cause of obesity. The nature of fast food means that the ingredients are very cheap. Often, the meat contains growth hormones and the fruit and vegetables contain pesticides. Consumption of growth hormones increases risk of infertility and some cancers.



Candy Bars



One big problem with candy bars is that they contain large amounts of unhealthy saturated fat. Excessive consumption of unhealthy saturated fat can lead to increased inflammation in the body. Many other foods, such as dairy and meat, contain saturated fat but also offer other nutritional benefits. Candy bars, however, offer no benefits. In fact, they also contain masses of sugar which, as discussed earlier, can lead to a range of problems. The high calorie content increases the risk of obesity, which in turn can lead to high blood pressure, diabetes, heart disease and some types of cancer.



Artificial Dyes



Most artificial food dyes are produced from petroleum – that is, the same petroleum that is used in gasoline, diesel fuel, asphalt, and tar. They have been proven to cause hyperactivity and reduce learning ability in children, and have also been linked to some cancers. All this for no benefit apart from bestowing a more appealing color to our food.



Artificial Sweeteners



Many people try to improve their health by switching from full sugar products to those containing artificial sweeteners. Unfortunately, these sweeteners can be just as harmful and even more toxic than sugar leading to an assortment of health challenges including weight gain. In one study, feeding artificial sweetener to mice increased their blood sugar levels more than a regular diet which can lead to an inability detect fullness resulting in overeating and subsequent weight gain. Artificial sweeteners have also been linked to other challenges such as memory loss, depression, migraines, blurred vision to name a few.



Chain Restaurant Ice Cream Sundaes



Everyone knows that ice cream is not a superfood, but ice cream from chain restaurants can be particularly harmful. Not only are portion sizes bigger, it is also likely that you are consuming a whole host of ingredients that a home-made sundae would not include. Common additives include corn syrup, cellulose gum, and vegetable shortening that are often derived from poor quality, genetically modified corn and soy.



Bagels And Breakfast Toaster Pastries



All types of bagel are made with refined white flour, which is even worse for you than other wheat products in that it contains next to no fiber or nutrients at all. But perhaps more importantly, their density means that they are extremely high in calories. A bagel can contain more than twice the calories of two slices of white bread.

Toaster pastries come with all the same disadvantages. They too are made with refined white flour, but also contain huge amounts of added sugar and usually no real fruit. Two toaster pastries can contain as much as ten teaspoons of sugar, with all the associated health detriments. And you can be sure that the rapid rise in blood sugar will be followed by just as rapid a fall in the middle of the morning!



Microwave Popcorn



Microwave popcorn contains several genetically modified foods in the form of oil and emulsifiers that make it harmful. Most commercial brands do not use organic corn so it most like. It contains harmful pesticides Look out for trans fats, one of the most harmful fats associated with thousands of heart attacks per year other deaths. In addition the bag is lined with perfluorooctanoic acid (PFOA), the same toxic chemical found in teflon pots and pans. PFOA can linger in the environment and the human body for a long period time. When PFOA is heated it can be linked to many health challenges and it's listed by the EPA as a carcinogen.



Swordfish



All fish may potentially contain mercury, a heavy metal that is very toxic, especially to the nervous system. The highest levels of mercury can be found in swordfish. Several recent studies have confirmed a direct co-relation between frequent consumption of swordfish and excessively elevated blood levels of mercury. For healthy people consider eating swordfish only once per month. Be especially mindful of children eating swordfish (consider having them avoid it altogether).



Nonorganic Strawberries And Corn



All nonorganic fruits and vegetables are likely to contain traces of pesticides, but strawberries may pose an increased risk. Strawberry farmers wear heavy-duty suits while they work to protect them-selves from the many chemicals they apply to the berries.

Corn is another vegetable that may be exposed to extremely high levels of pesticides. Some corn has even been genetically modified to contain chemicals with pesticide properties! These pesticides can kill bees, so it is obvious that they are detrimental to health.



Canned Tomatoes



While tomatoes are a healthy meal ingredient, canned tomatoes may contain chemicals that have leached out of the can's lining. Of particular concern is a synthetic estrogen called bisphenol-A (BPA). BPA can impair fertility by impairing sperm and egg production, and has also been linked to heart disease, diabetes, and obesity. It can be particularly harmful to children. Some studies suggest that a harmful level of BPA is present in most people!



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