

# How Healthy is *your* Food?



One of my favourite things to do is eating out. There is nothing like a Popeye's Chicken sandwich, with french fries and a soda. Top it off with an ice cream and you've made my day!

Unfortunately, there is a price to pay for these kinds of foods as well as for other processed foods such as candies, cereals, potato chips, cookies and many other items that we find in the grocery stores packaged in boxes, bags and cans.

Processed foods are low in nutrients and high in sugar, sodium, and fat. They contain ingredients that make you keep eating without feeling full. Not only do foods that are high in sugar make your teeth rot and lead to obesity, they cause lots of illnesses such as cancer, asthma, skin rashes, migraines and they can even affect our ability as kids to learn in the classroom. This is because they contain harmful ingredients such as additives, artificial flavourings and chemicals.

Some of the ingredients to look out for and avoid are:

- High-fructose corn syrup
- Sugar
- Artificial dyes and colours
- Trans fats (e.g. hydrogenated vegetable oil, shortening, and beef fat)
- Enriched bleached white flour

One of the most dangerous ingredients are MSGs that are often used to make food taste better. There are many ingredients that can contain MSGs and these are listed here:

<http://articles.mercola.com/sites/articles/archive/2009/04/21/msg-is-this-silent-killer-lurking-in-your-kitchen-cabinets.aspx>

Of course, the best solution to processed foods is to eat more home-cooked meals and chose healthier options when eating out, like meats and vegetables.

## References

Metro News

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The New York Times

[http://www.nytimes.com/2015/04/21/upshot/simple-rules-for-healthy-eating.html?\\_r=0](http://www.nytimes.com/2015/04/21/upshot/simple-rules-for-healthy-eating.html?_r=0)