**TODAY’S TOP 10 FOODS**

Terry Shaw, MA, LD

1. **Broccoli, Broco-sprouts and other cruciferous vegetables**
2. **Berries –** especially blueberries
3. **Cold water fish (sardines, cod, mackerel, tuna and salmon), eggs from chickens fed flax seeds**
4. **Garlic**
5. **Spinach, collards, kale and dark green leafy veggies**
6. **Oranges**
7. **Tea: green, black and Roobus (African Bush Tea)**
8. **Tomatoes and other red foods**
9. **Legumes**
10. **Nuts and seeds**

**FOODS TO AVOID**

**Sugar**

When you eat or drink sugar, the sudden energy surge your body experiences is followed by an insulin surge that rapidly drops the blood sugar level – so 2 hours later, you feel famished and tired. Sugar is supposed to be eaten, but it should in a natural form – like fruit – so you can absorb it more slowly.

**High fructose corn syrup**

Food products that contain high fructose corn syrup (HFCS) should be avoided. The body processes the sugar in HFCS differently than it does cane or beet sugar. It blocks the ability of a chemical called leptin, which is the way your fat tells your brain it’s there. It’s another form of sugar that blocks the messenger that tells the brain you are full, so you continue to eat.

**Enriched wheat flour (white flour)**

Contrary to what its name suggests, enriched flour is actually poor in nutrition because most of the grain’s nutrients are destroyed in the refining process. The reason they enrich it is because they already stripped out anything that was good, so they add a little back so it doesn’t look so bad!

**Hydrogenated or partially hydrogenated oil**

This is oil that has been infused with hydrogen to extend shelf life. It is a lard-like substance that clogs arteries. Avoid food products that contain hydrogenated oil, often labeled as “trans fats”.

**Other ingredients to Avoid:**

Sodium Nitrite – This is a cancer-causing chemical additive that food manufacturers add to virtually all packaged meat products such as breakfast sausage, bacon, hot dogs, lunchmeat, etc. It is used to give these meats a reddish color so they don’t turn gray (which is the normal color of weeks-old packaged meat).

Monosodium glutamate (MSG) – This is a flavor enhancer commonly added to Chinese food, but is also found in canned soups & vegetables and packaged meats. It has been known to cause headaches, stomach problems, chest pains, shortness of breath, and other health problems.

Aspartame – This additive is believed to be one of the most dangerous substances added to food on the market today. It has been known to cause memory loss and brain tumors among many other deadly diseases.

Yeast Extract – Autolyzed yeast extract contains MSG.

Mono-diglycerides – This is a new name corporations are using now for hydrogenated oils.