

10 Foods Which Promote Premature Aging

1. Sugar

- a. We consume between 2-3lbs of sugar per week
- b. Watch for Sugar in these foods:
 - Bread
 - Breakfast Cereals
 - Mayonnaise
 - Peanut Butter
 - Ketchup
 - Spaghetti Sauce
 - Microwave Meals

2. Caffeine

- a. Stimulant with potential to increase metabolism
- b. Common intake of Caffeine is approximately 200 mg/day (2-8oz cups of coffee)
- c. Side Effects
 - Irritability
 - Headaches
 - Diarrhea
 - Frequent Urination
- d. Long-Term Risks
 - Can make conception difficult
 - Can cause miscarriage and difficult birth
 - Can cause low birth weight baby
 - Can increase risk for Osteoporosis

3. Cigarettes

- a. 1 of Every 5 deaths in America are due to Smoking
- b. Linked to all major health conditions
 - Cancer
 - Coronary Heart Disease
 - Respiratory Diseases
 - Reproductive Troubles
 - Osteoporosis

4. Alcohol

- a. Linked to Many Health Issues and Conditions
 - Liver Disease
 - Brain Damage
 - Cancer
 - Poor Nutrition
 - Decreased Sexual Function

5. Processed Foods

- a. Every day 20 – 25% of the population eats fast food of some kind
- b. 90% of money spent on food is on processed food
- c. Linked to Many Health Conditions
 - Obesity
 - Diabetes
 - Heart Disease
 - Cancer

6. Margarine with Trans Fats

- a. Trans Fats are Linked to Coronary Heart Disease and Cancer
 - Choose Margarines with Liquid Vegetable Oil as the first ingredient
 - No more than 2 grams of Saturated Fat per serving (1 tbsp)
 - Recommend:
 - a. Blue Bonnet Soft Spread
 - b. I Can't Believe it's Not Butter
 - c. Promise
 - d. Smart Balance Light
 - e. Canola Harvest – Non Hydrogenated

7. Deep Fried Foods

- a. Bake or Broil Foods when possible
- b. Grill Occasionally
- c. Deep Fry Foods Sparingly
 - Don't Fry in Butter or Vegetable Oil with Trans Fats

8. White Flour

- a. Heavily refined making it a High Glycemic Index Food.
- b. Linked to many health conditions
 - Diabetes

- Coronary Heart Disease
- Cancer

9 **Monosodium Glutamate (MSG)**

- a. Adds Texture and Flavor to Sauces & Foods
- b. Linked to many health issues
 - Numbness
 - Tingling
 - Nausea
 - Memory Loss
 - Headaches

10. **Artificial Sweeteners**

- a. Chemical Sweeteners of Food
 - Aspartame
 - Acesulfame – K
 - Stevia
 - Sucralose
 - Saccharin
- b. Has no food value and trick the body into thinking it's eating something sweet
- c. Linked to various types of Cancer
- d. Avoid all artificial sweeteners or use sparingly since they tend to have by-products of toxic side-effects