

TOP 9 UNHEALTHIEST FOODS

***Worst when eaten frequently or in big portions**

-  Sugary/Sweet Drinks
(soda, sweet tea/coffee, juice...) 
-  Deep-Fried Foods
(most fast food, fries, nuggets, rings...) 
-  Pastries & Desserts
(muffins, cakes, pies, ice cream, candy...) 
-  Processed Meats
(bacon, cured/deli meats, sausage...) 
-  Refined Carbs
(white bread, white rice, pasta, alcohol...) 
-  Processed Snacks
(crackers, chips, instant noodles, baked goods...) 
-  Frozen Dinners/Microwave Meals 
-  Sugary Cereals
(both cold and hot cereals) 
-  Food Prepared or Eaten with Anger/Negativity 











High sugar (insulin spike) * High calories (obesogenic) * HCFS *
 Inflammation * Saturated fat * Trans fat * High salt * Refined flour *
 Additives/Preservatives/Chemicals (like nitrites, MSG, food coloring,
 pesticide/herbicide, artificial sweeteners, artificial flavors) * Lack of
 fiber/essential nutrients * Disease risk (cardiovascular, fatigue,
 cancer, mental health, liver, kidney, hormone imbalance, aging) *
 Worse when coupled with: lack of exercise, lack of sleep, over
 stress, toxic exposure, loneliness/isolation, and negativity