

10 FOODS CHILDREN EAT THAT ARE SLOWLY KILLING THEM

For more than twenty years, I have been helping children increase the quality and variety of food they eat. Below are ten foods I routinely see children eating that increase the risk of many chronic diseases.



- 1** Toaster Pastries. I bet you can guess the name brand. Refined white flour, high fructose corn syrup, palm oil, confectioner's glaze, carnauba wax, and artificial dyes.
- 2** Packaged French Toast Sticks. Refined white flour, artificial flavors, added sugar, and salt.
- 3** Pancakes and Waffles. Refined white flour, sugar, salt, and chemicals. Starting to see a pattern?
- 4** Hot Dogs. Hot dogs are considered "processed meat", classified by the International Agency for Research on Cancer as a Group 1 carcinogen that causes cancer in humans (asbestos and radiation from nuclear weapons are also Group 1 carcinogens). Other processed meats include bacon, deli meats, ham, sausage, pepperoni, beef jerky, pastrami, roast beef, bratwurst, corned beef, and braunschweiger.
- 5** Sweetened Breakfast Cereals. Refined white flour, sugar, salt, chemicals.
- 6** Packaged Mac and Cheese. Refined white flour, salt, sugar, corn syrup solids, whey, palm oil, maltodextrin, milkfat.
- 7** Fruit Snacks. Corn syrup, sugar, artificial flavors, artificial colors, salt, coconut oil, carnauba Wax.
- 8** Yogurt (varieties marketed for kids). Consider these another form of junk food. They are often loaded with more added sugar than soda. And the saturated fat increases the risk of heart disease.
- 9** Pizza is one of the most addictive and diseases-promoting foods on the planet. They start with a crust of refined white flour with added sugar and salt. Then they add a layer of tomato sauce with even more salt. Then top it with heart disease promoting cheese, with more salt. And add some more salt in the form of processed meat (sausage, bacon, pepperoni)



that increases the risk of cancer. Not only is pizza highly addictive due to the added sugar, added salt, and refined flour, it is also a super concentrated form of calories. To sum up, it causes weight-gain, increases the risk of cancer, increases the risk of type 2 diabetes, and increases the risk of heart disease.

10 Fruit Flavored Drinks. Fruit flavored drinks are not health foods. Most, especially those marketed to children, contain added sugar. It is best for most children (and adults) to limit drinking calories as much as possible - with the exception of breast milk or formula. Liquids don't have to be broken down and digested like food, so many of the hormones triggered during digestion to make you feel full don't come into play with liquid calories. When it comes to maintaining a healthy weight and controlling blood sugar, 100% fruit juice isn't much better than other sugary drinks. Fruit juice is associated with increased type 2 diabetes and increased weight. The US Department of Health and Human Services, the World Cancer Research Fund, the Dietary Guidelines for Americans, the American Academy of Pediatrics, and every other public health organization I can think of recommend whole fruit over fruit juice.

And please don't give your children sports or energy drinks. They are not any healthier.



Everything you eat is hurting or helping. The foods above are not helping. They are ultra-processed. They cause weight gain and increase the risk of cancer, heart disease, and type 2 diabetes. We used to think of these as diseases of the elderly, but children are now being diagnosed with obesity and the same chronic diseases as adults.

Here are two easy ways to avoid most ultra-processed food. First, look at the official Nutrition Facts label for "Added Sugars" listed under Carbohydrates. Try to eliminate foods with added sugar. There are healthy versions of almost every food. You just need to find them.

Second, read the list of ingredients - it always starts with the word "Ingredients". If there are any ingredients you would never buy for your own kitchen, then it is probably ultra-processed. Have you ever bought "blue #1" or "artificial flavors"? Do you often stock up on carnauba wax or cellulose gum when on sale at the grocery store? Healthy foods don't contain ingredients that sound like chemicals or something that belongs in a chemistry lab.

You may be thinking, "Sure there are healthier alternatives, but my kids are not going to eat them". They will eat them. The keys are planning, repetition, and consistency.