

Go Ahead, Have the Real Thing!

“Real food is always better than Fake Food.” Our UFQ Nutrition Coach has said that to me over and over since the beginning of our program. I’ve learned to “BEWARE” of any kind food substitutes, which by the way, always fall under the category of having been “processed” in some way. Some of these products are **NOT EVEN REAL FOOD!**

I shared with you what I learned a couple of days ago about the statistics on DIET COLAS and ARTIFICIAL SWEETENERS. In addition to filling our bodies’ with chemicals and toxins we do not need, they actually encourage us to eat MORE and therefore store fat. Real sodas contain way too many empty calories, but diet sodas are even worse for us!

We were told for years that margarine was “healthy alternative” to butter. Turns out Trans Fats found in margarine are worse for us than the saturated fat in butter we were trying to avoid. And have you ever checked the label on “processed cheese food”? YUK!

What about “FAT FREE” Salad dressings? In addition to not tasting as good or being as satisfying as “real” dressing it turns out we NEED some fat to help absorb fat-soluble vitamins found in typical salad ingredients like dark leafy greens, carrots & the oil itself! Lite & Fat Free dressings tend to be higher in sodium, too. We’re better off to go ahead and enjoy the real thing, just in moderation! To make sure you don’t over consume fat when enjoying dressing, read the labels & keep a measuring spoon handy until you can eyeball your portions. Enjoy your dressing on the side so you can just dip your fork into it. Try making your own dressings instead of using the bottled varieties to ensure you have the healthiest non-hydrogenated oils, the freshest and most natural ingredients and no unwanted additives.

Now I understand what our Nutritionist meant when she told me, “On this plan you will never again have to put any food in your mouth that you do not enjoy.” Seems the “real stuff” is always healthier than the “substitute or fake stuff”! Now when out shopping or deciding what to eat, I always remember no matter WHAT the most recent diet product of the month may be, **“REAL FOOD IS ALWAYS BETTER THAN FAKE**

FOOD”! The closest I can get it to the way Mother Nature delivered it, the healthier it will be!

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