

Health Talk

What are the Unhealthy Foods That We Are Eating?

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Organic versus non-organic fruits Some non-organic fruits and vegetables are contaminated with pesticides such as atrazine, a weed killer that causes serious health issues, especially for pregnant women.



Farmed Salmon Harvested salmon are fed an unnatural diet, and are contaminated with antibiotics, pesticides, chemicals and other carcinogens.

Additionally, they are low in omega-3 fatty acids, and contain higher levels of mercury. Hence it is better to buy canned salmon or wild sock-eye salmon when available.



Processed meats Processed meats such as sausages, bacon, bologna, and hot dogs all contain excess salt, chemicals, preservatives, and sodium nitrates which could be carcinogenic. The smoke involved in smoking meats and fish contain a significant amount of tar, which is also carcinogenic.

Highly processed white bleached flour is exposed to chlorine, which is not good for intestinal digestion. Instead, use refined grains which do not use chlorine in the manufacturing process.



Soda Sodas are loaded with sugar and are an empty source of calories, causing weight gain and obesity. The sudden rise in blood sugar results in insulin resistance and inflammation of gut's mucosa, causing gastro-esophageal reflux disease.



Artificial sweeteners Although many articles claim that Aspartame causes a variety of symptoms, especially headaches, no scientific experiments have found this to be true, as of this date



Microwave Pop Corn In Microwave pop corn, soy bean oils are used, along with the preservative propylgallate, which may irritate gastric mucosa and cause rashes.



Refined sugars are known to raise blood sugars and are the most cherished food for cancer cells. The high-fructose corn syrup is highly dangerous for health.