

Top 10 worst foods to have in your house

If you're trying to follow a low-carb program, your own home can be your worst enemy. I know that's my problem -- when I'm feeling hungry, I tend to reach for a pasta instead of the lean protein. It doesn't help that I live with a skinny man who can eat whatever he wants and not gain an ounce. To keep you from reaching for the sugar the next time you're hungry, eDiets recommends you rid your kitchen of these items, if possible:



1. White flour
2. White sugar
3. Peanut butter name brands high sugar fat
4. Packaged cookies and cakes
5. Chips -- potato and tortilla
6. White bread
7. Processed whole wheat buns
8. Pasta and noodles
9. Sugary cereal
10. Margarine
11. Mayonnaise
12. Juice
13. Over ripened bananas
14. Deli type lunch meats, subs
15. Frozen foods, like breaded chicken and fish, pizzas, french fries, etc.

There's something else that's high in carbs that most people don't think of: fruity yogurts. If you want to cut down on your sugar, fat, and not waste calories, think of putting less fast foods in your system. Eat lean, and frequent if your goal is to increase lean tissue.

Yes you are what you eat!!!!

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