



5 FOODS TO BOOT OUT OF YOUR FRIDGE

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When it comes to food, my general philosophy is everything in moderation. There are, however, some exceptions to this rule – there are foods that we should eat a lot of, for example fresh fruit and vegetables, and there are foods that we would be better off never buying again. What are the top 5 foods that you should boot out your fridge for good?

BRICK MARGARINE

The “bad” member of the margarine family, brick margarine costs less for a reason. Brick margarines are the hard margarines usually bought in foil packaging. While tub margarines are usually made up of unsaturated fats, most brands of brick margarines contain some saturated fats, but more worryingly –up to 15% trans fats. Trans fats are manmade fats formed during manufacturing, they cause damage by increasing triglyceride and LDL (bad) cholesterol levels, while decreasing HDL (good) cholesterol levels. Research has shown Trans fats to increase, amongst others, risk of heart disease, type 2 diabetes and cancer.

PROCESSED MEATS

These include cold deli meats, viennas and other sausages, bacon, smoked chicken etc. Granted, these can be very convenient protein options for packed lunches and quick dinners, but because they usually look nothing like their previous unprocessed selves and don't come with labels (when we pick them from behind a glass display case) we actually don't know quite what we are eating. Deli meats are often high in saturated fats and are loaded with sodium, nitrates and other preservatives to keep them fresh. Risks associated with these preservatives include various types of cancers and lifestyle diseases.

PROCESSED CHEESE

Processed cheese may be packaged as individual slices in plastic or as cheese spread in bottles. It looks like a bit like cheese, it tastes a bit like cheese, but you start noticing the difference when you heat it- it doesn't melt like cheese? Processed cheeses contain either fermented cheese or milk protein concentrate as a base, but undergo a lot of processing to become what you eventually eat. They are loaded with sodium, emulsifiers such as sodium phosphate and colourants- all in all, not really something that you want to put into your body.

MAYONNAISE AND CREAMY DRESSINGS

Admittedly mayonnaise isn't bad in the same way that the previously mentioned foods are, but regular mayonnaise is extremely high in energy and fat and that is the problem. Just 1 tablespoon contains about 100 calories, made up



almost entirely of fat. If you coat a salad or sandwich with this stuff your waistline could be in some trouble! The situation with creamy sauces and dressings is similar and these are often also laden with artificial flavourants. There are plenty of ways to give your food a delicious flavour without all the fat.

REGULAR FIZZY COOLDRINKS AND OTHER SUGAR-SWEETENED BEVERAGES

Sugar sweetened beverages are most definitely one of the major enemies in the war against obesity and associated diseases. Generally all of the energy in these drinks comes from sugar in its most processed form, leading to spikes in insulin and glucose levels without any nutrients. It is no surprise that excessive intake of sugar sweetened beverages are associated with weight gain, obesity, metabolic syndrome, insulin resistance, type 2 diabetes, cardiovascular disease, hypertension, gout and non-alcoholic fatty liver disease.

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