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The foods most likely to contain trans fats are processed foods like chips, breakfast waffles, doughnuts, pastries, cookies, crackers, fast food products like deep-fried sandwiches and french fries. They are also in some margarines and spreads.

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Reader's Digest Foods that Harm Foods that Heal Revised

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Foods That Harm Foods That Heal Reader's Digest Book

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Foods that Harm Foods that Heal Nutrition Consultant

Foods that Harm? Foods that Heal? | Event Report Complete Nutrition Vol.12 No.2 May 2012 | 35 Hilary Du Cane, RD As chairperson of Freelance Dietitians, just completing my tenure, I felt I was going out on a high as over 80 dietitians assembled on 14th March 2012 for our annual study day.

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Sugar and artificial sweeteners can be the breeding ground for yeast overgrowth, candida, and all kinds of other harmful bacteria. The proliferation of these bad bacteria can cause food cravings, weight gain, trouble sleeping, fatigue, low body temperature, and a whole lot of other uncomfortable symptoms of poor gut health.

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