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The Five Absolute Worst Foods You Can Eat

**By Dr. Joseph Mercola
with Rachael Droege**

There are no "bad" foods, right? Only food you should eat in moderation? Well, not really. The following foods are so bad for your body that I really can't see any reason to eat them. Not only do they have zero nutritional value, but they also give your body a healthy dose of toxins, which should make the idea of eating them really hard to swallow.

Doughnuts

Doughnuts are fried, full of sugar and white flour and most all varieties contain [trans fat](#). Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat.

An average doughnut will give you about 200 to 300 calories, mostly from [sugar](#), and few other nutrients.

It's too bad that Americans view doughnuts as a breakfast food as, nutritionally speaking, eating a doughnut is one of the worst ways to start off your day. It will throw off your blood sugar and won't stay with you so you'll be hungry again soon. You are better off eating no breakfast at all, or better yet grabbing a quick glass of [Living Fuel](#).

Soda

One can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. I can't think of any good reason to ever have it. The diet varieties are also problematic as they are filled with harmful artificial sweeteners like [aspartame](#).

Studies have linked soda to osteoporosis, obesity, tooth decay and heart disease, yet the average American drinks an estimated 56 gallons of soft drinks each year. Plus, drinking all that sugar will likely suppress your appetite for healthy foods, which pave the way for nutrient deficiencies.

Soft drink consumption among children has almost doubled in the

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United States over the last decade, which is not surprising considering that most school hallways are lined with soda-filled vending machines.

Schools often make marketing deals with leading soft drink companies such as Coca-Cola from which they receive commissions--based on a percentage of sales at each school--and sometimes a lump-sum payment, in exchange for their students' health. School vending machines can increase the consumption of sweetened beverages by up to 50 or more cans of soda per student per year.

If you routinely drink soda--regular or diet--eliminating it from your diet is one of the simplest and most profound health improvements you can make.

French Fries (and Nearly All Commercially Fried Foods)

Potatoes are bad enough when consumed in their raw state, as their simple sugars are rapidly converted to glucose that raises [insulin levels](#) and can devastate your health. But when they are cooked in trans fat at high temperatures, all sorts of interesting and very unpleasant things occur.

Anything that is fried, even vegetables, has the issue of [trans fat](#) and the potent cancer-causing substance [acrylamide](#).

Foods that are fried in vegetable oils like [canola](#), soybean, safflower, corn, and other seed and nut oils are particularly problematic. These polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer and weight gain. You can read the article "[Secrets of the Edible Oil Industry](#)" for more information.

It is theoretically possible to create a more "healthy" French fry if you cook it in a healthy fat like [virgin coconut oil](#). Due to its high [saturated fat content](#), coconut oil is extremely stable and is not damaged by the high temperatures of cooking. This is why [coconut oil should be the only oil you use to cook with](#).

I am fond of telling patients that one French fry is worse for your health than one cigarette, so you may want to consider this before you order your next 'Biggie' order.

Chips

Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat. Fortunately, some companies have caught on to the recent media blitz about the

dangers of trans fat and have started to produce chips without trans fat.

However, the high temperatures used to cook them will potentially cause the formation of [carcinogenic substances like acrylamide](#), and this risk remains even if the trans fat is removed.

Fried Non-Fish Seafood

This category represents the culmination of non-healthy aspects of food. Fried shrimp, clams, oysters, lobsters, and so on have all the issues of trans fat and acrylamide mentioned above, plus an added risk of mercury.

Seafood is loaded with [toxic mercury](#) and [shellfish](#) like shrimp and lobsters can be contaminated with parasites and resistant viruses that may not even be killed with high heat. These creatures, considered scavenger animals, consume foods that may be harmful for you.

Eating these foods gives you a quadruple dose of toxins--trans fat, acrylamide, mercury and possibly parasites or viruses--with every bite.

If you have a taste for seafood, there's an easy solution. It's best to avoid your local fish fry and try the only fish I now eat--the delicious wild red [Alaskan salmon](#) that was proven through independent lab testing to be free of harmful levels of mercury and other contaminants.

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[Cauliflower French Fries](#)

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