



## Article Side

Good foods with bad health gimmicks by [Balfour](#)

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Many people believe that there exist no difference between foods and every food is associated with one or the other health benefits and hence, categorizing foods as good or bad is not the right option. Well, they may be right to some extent but in reality there are some really bad foods such as potato chips, refined grains and cereals, sugar-sweetened beverages and desserts, unprocessed red meats or processed meats, whole fat dairy products, etc. All these so called bad foods are well known for their effects of padding weight to your waistline.

But, what is the major issue of concern is the fact that there do exist some so-called good foods that are actually a threat to those individuals who are undergoing weight loss programs or planning to lose their extra flab through the dietary measure. These foods that are claimed to contain high fiber, low fat and are not up-to the mark in taste can actually spill water on your dreams of achieving a slim and fit figure.

How to distinguish good foods from actually bad ones?

Attaining proper information pertaining to your dietary foods and their overall nutritional and calorific value will greatly aid in differentiating the good ones from the actually bad but good foods. Here are some of the foods that are generally regarded to be good for health but in reality their daily consumption poses a threat to health as well as your weight loss routine.

⌘ Raw vegetables ⌘“ Many of us might have come across the articles that claim that eating raw vegetable is good for health. But, if they are eaten for long term then they will actually act as enemies of your health as many nutrients present in vegetables are not supplied to the body when eaten raw, except some few that include Vitamin C. Many studies have proved that cooking vegetables greatly aids in the absorption of various vitamins, minerals as well as antioxidants that were usually difficult to absorb if consumed raw.

⌘ Skimmed milk ⌘“ Although skimmed milk is the most popular food for those planning to weight loss, but as per research studies whole milk is regarded to be the best option for those losing weight as well as for those aiming for healthy life. Skimmed milk lacks all the essential fat soluble vitamins that are needed by the body to boost the metabolic process, thereby aiding loss of calories and also maintaining a healthy heart.

⌘ Diet drinks ⌘“ The artificial sweeteners present in these diet drinks are unable to satiate the brain and this induces the feeling of hunger making you eat more than reduce thereby preventing weight loss.

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