

Fool You Foods:

5 “Health” Foods that Aren’t



Nutrition experts recommend eating salmon regularly because of its heart-healthy omega-3 fats.

While farm-raised salmon has more omega-3 fats per serving, Alaskan wild salmon and a similar sustainable fish, arctic char, is better for your health and the environment. Farm-raised salmon may contain contaminants such as mercury and pesticides. Also, antibiotics are used liberally to control disease in the close quarters of farming pens. Farm-raised salmon is artificially colored with synthetic pigments to mask its pale gray color while the natural color of wild salmon comes from its diet of krill and shrimp. Look for sustainably farm-raised salmon as a better option.

Microwave Popcorn

Pop-Secret™ Kettle Corn recently made the Worst “Healthy” Snack list in Men’s Health Magazine because of its dangerous 6g of trans fat and 3g of saturated fat in every 4 cups of popped corn. Many microwave popcorns add unhealthy hydrogenated oils and artificial flavorings which turns the healthy whole grain into a high calorie, high-fat junk food. Look for better options with zero trans fat, low saturated fat and no artificial flavors and colors. Even better, pop your own in a healthier zero trans fat oil and limit the salt.



Frozen Yogurt

Natural yogurt that is low in saturated fat is a nutrient-rich, healthy option. It is a great source of calcium and vitamin D and the live, active cultures in yogurt are good for the immune system and the health of the gut. But all yogurts are not created equal. Most frozen yogurts don’t make the healthy list because they don’t contain live, active cultures. Some may even have as many calories and fat as reduced-fat ice cream. The best option is to mix in your choice of fresh, seasonal fruit with plain, low-fat yogurt.



Pretzels

Pretzels seem like a healthy snack because they are lower in fat and calories than regular potato chips. However, pretzels are a nutritionally “empty” snack food. One serving can provide more than a quarter of the daily sodium requirement. A healthier snack option would be unsalted nuts, sunflower seeds or pumpkin seeds.

Vitamin/Tea Drinks

Most drinks that contain vitamins and tea are generally high in calories and contain plenty of added sugar. However, on their own, vitamins and tea provide health benefits and are naturally calorie-free. Adding healthy ingredients like tea and vitamins to these sugary drinks doesn’t make them any healthier; and in general, these drinks do more to promote weight gain than to improve health. A healthier bet would be to limit tea and vitamin drinks that are processed with extra sugar or stick to plain water and unsweetened, brewed tea.