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7 Most Unhealthy Processed Foods You Need To Avoid

Processed foods have the advantage of saving time and this makes them tempting to people who have a busy lifestyle and for those who don’t particularly like to cook. Most processed foods also come with a low price tag that is hard for many consumers to resist. However, at some point we really need to look at the hidden costs that processed foods have on our health.

It is no secret by now that the vast majority of processed foods are not healthy. In general, they are very low in nutrients, especially micronutrients like antioxidants and vitamins, while simultaneously being high on calories. They also contain industrially engineered ingredients that can be very harmful to the human body.

Eliminating all processed foods from your diet may be quite difficult. However, you can significantly improve your healthy by eliminating the worst of the processed foods. Below, you will find a list of the 7 most unhealthy processed foods.

Chicken Nuggets – Like hot dogs, chicken nuggets are at the pinnacle of industrialized foods. While you may think that chicken nuggets are mostly protein, the typical chicken nugget, including the famous chicken McNuggets, are more than 50 percent fat and they contain more carbs than protein. Keep in mind too, that the carb portion is made of very unhealthy carbs found in the fillers and breading.

Most chicken nuggets are deep fried, often in an oil containing trans fat. Trans fat causes cell membrane deformities that contribute to the development of metabolic diseases such as type 2 diabetes. Most chicken nuggets also contain many unhealthy additives such as MSG and tertiary butylhydroquinone (TBHQ).



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