

# 5 LONGEVITY TOXINS



## 1 SUGARY DRINKS

- soft drinks
- energy drinks
- fruit juices

6X

a glass of apple juice = 6 tsp. of sugar

10X

a can of soda ≈ 10 tsp. of sugar

8X

a can of energy drink ≈ 8 tsp. of sugar

ARE LOADED WITH:



sodium



unhealthy fats



sweeteners

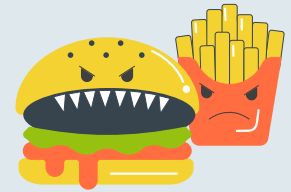
AND:



have minimal nutritional value

## 2 FAST FOODS

- burgers and fries
- chicken nuggets
- pizzas



ARE LOADED WITH:



artificial colors, preservatives, nitrates



sodium



sweeteners

AND:



add on average 500 extra calories per day

## 3 PROCESSED FOODS

- deli meats, bacon, sausages
- breakfast cereals
- flavored yogurts
- frozen dinners, canned soups



1 TABLESPOON OF

1X

ketchup = 1 tsp. of sugar

+80

Caesar salad dressing ≈ 80 calories

260X

Italian dressing ≈ 260 mg of sodium

## 4 SAUCES

- store-bought sauces and condiments
- manufactured salad dressings and marinades



have low nutritional value



spike blood sugar



can contribute to obesity and heart disease

## 5 WHEAT PRODUCTS

- bread, bagels
- cookies, pastry
- «white» pasta

