

7 Foods That Are Dangerous To Eat Too Much Of, Even If They're Healthy In Moderation

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When it comes to nutrition, people are always telling us the what foods we need to be eating and the worst foods we need to avoid. But just because something is good for you doesn't mean you should necessarily eat it in excess. In fact, even the healthiest foods can cause problems if you have too much of them. There is definitely a good reason why people always say all things in moderation! With so much information floating around telling you to eat this and eat that, it can be hard to discern what you can be eating everyday versus what you should be incorporating into your diet every now and then.

While it's a safe guess to assume you're good to go when it comes to most natural foods like fruits and vegetables, some unsuspecting foods can cause surprising health problems if you eat a large quantity of them — a good reason not to adhere to any strict or extreme diet. To prevent you from consuming too much of a seemingly good food group on your quest to eating healthy, try limiting your intake of following seven foods, which all have different negative health consequences if you happen to go a little overboard.

Soy



Though soy products have become more popular over the years, too much of the genetically modified bean can cause some health issues.

"Too many non-organic soy or soy protein isolates can enhance the production of estrogen, which can elevate women's risk of developing certain cancers," says Dr. Gabrielle Francis. Since about 95 percent of soy is genetically modified, and many products such as soy milk are highly processed, your best bet is to stick to organic soybeans and tofu to avoid any problems down the line.

Peanut Butter



In addition to containing high amounts of fat, peanut butter is often filled with ingredients like corn syrup and hydrogenated oil.

"Peanut butter is best eat sparingly," says Dr. Francis. "This is a very high-allergy food and may have traces of mold called *Aspergillus niger*, which can be harmful to your health."

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