

## Foods Healthy People Never Eat

By: Carrie Madormo

As a self-proclaimed health nut, I like to believe that no foods are truly off limits. Everything in moderation, right? However, after speaking with some of the experts, I have to agree that there are certain foods (cough, diet soda, cough) that are just never worth it when you're trying to live a healthy lifestyle.



### Artificial sweeteners

The aspartame in diet soda isn't the only fake sweetener that is bad for you. They should all be off the table for anyone looking to clean up their diet. "They [artificial sweeteners] contain aspartame (NutraSweet, Equal), saccharin (Sweet'N Low), or sucralose (Splenda). Basically, they're chemicals in a pretty little packet," naturopathic doctor **Dr. Gabrielle Francis** told me. "Try natural sugar alternatives like local raw organic honey or agave."



## Packaged meat

Dr. Francis also recommended staying away from lunch meats and any packaged meat products. "If you can't live without your salami or charcuterie, buy brands that contain zero nitrates and nitrites," she told me. "They may be labeled as 'uncured' or 'nitrate-free.'"

