

JUNK FOOD

Healthy food is low in carbohydrates and high in fat. It is non-addictive and helps prevent obesity, Type-2 diabetes and heart disease. Avoid foods with the following words on the packaging or in the ingredients list. Doing so will help you lose weight, eat less, stay healthy and save money.

Junk Food List			
Beans	Dough	Lite	Rice
Bread	Doughnut	Lo sugar	Sauce
Biscuit	Dried fruit	Low fat	Soda
Breakfast cereal	Energy drink	Maple syrup	Spaghetti
Bun	Flour	Margarine	Skim
Cake	Fries	Muesli	Smoothie
Candy	Fruit	Milkshake	Soft drink
Canola	Fruit juice	Muffin	Sports drink
Cereal	Fruit yogurt	Noodles	Squash
Cookies	Gelato	Oat	Sugar
Corn	Grains	Pancake	Sweetened yogurt
Corn syrup	Honey	Pasta	Sweets
Couscous	Icecream	Porridge	Taro
Crackers	Jam	Potato	Tart
Crisps	Lean	Pretzels	Wheat
Diet	Light	Pudding	Whole grain

Junk Food is food that medical studies have shown to be detrimental to health

This table is based on the Eat Better Words List from
www.thenoakesfoundation.org/eat-better-south-africa