

Three Foods to Stop Eating

Considering the wide diversity of foods Americans ~~has~~ have access to, it may be surprising to step back and take a look at the average American's diet. You'll find out that over half of the daily intake is made up of just three different foods. They are corn, soy, and wheat derivatives. These three food types contribute to one of the biggest sources of excess weight and why it's so difficult to obtain six-pack abs. If one wants six-pack abs, ~~than~~ then these three food types must be largely eliminated from one's diet.

Where can these ~~foods~~ food sources be found? Corn is one of the most extensively processed foods, especially considering it ~~is~~ makes up high-fructose corn syrup. High-fructose corn syrup is found in just about every processed food and in many drinks. Pick up a packaged food item in the grocery store and read the ingredients; high-fructose corn syrup will likely be listed. High-fructose corn syrup is a corn syrup that has had some of its glucose turned into fructose. Fructose has been directly linked to weight gain.

Soybean oil, along with corn oil, ~~are~~ is added to hundreds of foods in order to preserve them longer on the shelf and make the food taste better. About ~~1/2~~ half of the world's oil used for eating is soybean oil. Along with acting as food additives, soybeans and corn are ground up and used as feed for cattle and

chickens. Giants in the food industry have found it politically and financially beneficial to substitute natural food and environments for cattle and chickens by feeding them ~~soy-~~ and corn-based products. This results in unhealthy animals, which ultimately leads to polluted meats, and therefore makes ~~it's-~~ its way to the consumer.

Comment [A1]: Add a hyphen.

Refined wheat flour is another food source Americans consume an inordinate amount of. This can be found in muffins, breads, pastries, cakes, hamburger buns, chips—the list is almost endless. While refined wheat flour started as wheat, a healthy natural ingredient, the refining process takes away all the nutrients found in wheat and quickly turns it into sugar when consumed.

Eating excessive amounts of corn, soy, and wheat leads to weight gain and retention, diabetes, and heart problems, just to mention a few. Furthermore, soy and corn are sprayed with herbicides which contain xenoestrogens, a fake estrogen which is specifically notorious for building up belly fat.

With these three food types so common in ~~every-day~~ everyday menus, it can seem almost overwhelming to combat this and get a chiseled set of six-pack abs. It will take discipline and commitment, but if six-pack abs are the aim, then one already has their mindset to overcome whatever necessary obstacles.

One of the best ways to avoid corn, soy, and wheat is to avoid processed foods and nonorganic meats, considering these contain the highest amounts of corn, soy, and wheat. Cut out salad dressings ~~and on~~ salads. Reevaluate snack foods and focus on organic, natural foods instead. If removing wheat from a diet means cutting out a large amount of carbohydrates, focus on fruits high in carbs for energy.

It will be challenging eliminating what makes up over ~~fifty~~ 50 percent of the average food intake. However, there are tasty and healthy alternatives. For instance, ~~vegetables~~ vegetable slices dipped in homemade guacamole, fruit with organic peanut butter, blueberries, almonds, and cottage cheese are all healthy snack choices.

Eliminating these three foods from one's diet will not only bring numerous health benefits, but it will also result in ~~six-pack~~ six-pack abs. Say goodbye to corn, soy, and wheat and hello to an awesome six-pack.