

# 7 Foods Nutritionists Wouldn't Touch With a 10-Foot Pole

Check out the surprising stuff experts steer clear of (and you should too). Guess what: Some of it's in the "health food" aisle! By Nicci Micco



## Bottled salad dressings

Many are made with chemicals, additives and corn syrup. "If I'm making a salad with fresh vegetables, why would I pour something orange out of a bottle onto it?" says Christine Gerbstadt, M.D., R.D., author of *Doctor's Detox Diet*. For a tasty, easy, do-it-yourself version, mix a little olive oil, vinegar and your favorite herbs—done!



## Coffee creamers

This stuff often contains unhealthy artificial chemicals and hidden trans fats. If you want creamy coffee, says Dr. Gerbstadt, go for a nonfat latte.

## Processed meats

"Lunch meats are often sky-high in sodium and have nitrates, preservatives linked to cancer," says Bannan. Pick organic luncheon meats (they're nitrate-free) with no more than 500 mg of sodium per two-ounce serving.

## Sweet drinks

"Sodas, sweet teas and fruit drinks can blow your calorie budget," says Dr. Gerbstadt. "And artificially sweetened drinks can make your taste buds crave sugary things." Stick with water or iced tea.

## High-protein cereals

Those fortified with protein often include "soy protein isolate," or highly processed soy that's devoid of nutrients, says Cynthia Sass, R.D.: "If you're having milk or yogurt with your cereal, you're getting enough protein at breakfast already!"

## Light yogurts

"I never buy these!" says Keri Gans, R.D., author of *The Small Change Diet*. "Many are full of artificial sweeteners, taste fake and often have *two thirds* less protein than more filling, and more natural, Greek yogurt. The few calories you might save just aren't worth it."

## Packaged cheese slices

"They're often processed and can taste like wax—yuck!" says Patricia Bannan, R.D., author of *Eat Right When Time Is Tight*. "I prefer to have full-fat cheeses; they're more flavorful, so you can eat less of them and feel satisfied."

