

SLASH
STUBBORN
FAT!

BYE BYE BELLY BULGE



37 FOODS THAT KILL BELLY FAT
... and Foods That Cause It

37 FOODS THAT KILL BELLY FAT

Let me begin by saying that you will almost always be best off eating real, whole foods. In my experience, however, there comes a time when even the most health-conscious person is faced with the dilemma of choosing the “best” packaged food item.

Along those lines, this is meant to be one of those “eat this, not that” kind of guides to help you navigate among the sea of confusing options — most of which are garbage — at supermarkets, convenience stores, gas stations, and more.

Full disclaimer, even the “better” options listed here should be more like 20% of your nutrition plan (at most) compared to 80% (or more) whole, minimally processed foods.



BELLY-BULGING FOODS: BEVERAGES

If you're looking to pack on belly fat fast, these products will help you do it. When you are shopping, make sure you always look at the Nutrition Facts Panel to find the **servings per container** because that's a tricky way that food manufacturers can deceive you. Here are some examples:

1. **Vitaminwater®** says it only has 13 grams (g) of sugar. However, that's per 8-ounce serving, and if you look closely, that means a standard 20-ounce bottle contains 2 ½ servings. So, there are 32g of sugar in one 20 oz. bottle of Vitaminwater®.
2. **Welch's® 100% Grape Juice** says there is no added sugar, but that's beside the point. When you look on the label, an 8-ounce serving, which is closer to half of what somebody will drink in a glass of juice, has a whopping 39g of sugar. While it's easy to down an 8-ounce glass of grape juice, few people would actually eat the 2 ½ cups of grapes it would take to equate to a similar amount of sugar.
3. **Coca-Cola's®** second ingredient is high fructose corn syrup and a 12-ounce can has 39g of added sugar. Now I don't mean to pick on Coca-Cola®- most other soft drink brands are just as bad.
4. **AmpEnergy® Elevate** contains 29g of sugar per 8-ounce serving, and each container contains two servings. That means that you are getting nearly 60g of pure, added sugar in just one 16-ounce can.

5. **Sobe® Cranberry Grapefruit** flavored beverage has 26g of sugar per 8-ounce serving, and each oversized bottle contains 20 ounces (2 ½ servings), meaning that you are getting over 60g of sugar if you were to sit down and drink a whole bottle (which most people do). Keep in mind that 4g of sugar equals one teaspoon. Would you dump 15 teaspoons of sugar into a glass of water and drink it?
6. If **Rockstar® Energy Drink** is your drink of choice, chances are you are not going to look chiseled as a rock; you're more likely to look like an overweight couch potato (or worse, a skinny-fat impostor). Each can of Rockstar® Energy Drink contains 62g of sugar.
7. I was shocked to find out that **Gatorade®** contains high fructose corn syrup as its second ingredient, and unfortunately, the athlete-centric marketing is very alluring for the average fitness goer (like you and I), who really just needs an abundance of fresh water and healthy, high-nutrient foods to replenish their bodies.
8. What's more, **Tropicana's® cranberry juice** beverage contains high fructose corn syrup and 32g of sugar per 8-ounce serving.
9. **Starbucks Doubleshot® Energy plus Coffee** has two servings per container with each serving containing 14g of sugar. This means that a can of this "coffee" drink contains 28g of sugar.
10. **Jose Cuervo® Margarita Mix** is loaded with high fructose corn syrup. Keep in mind, the average "small" margarita weighs in at a huge 400 calories! And considering that alcohol typically lowers your inhibition, this is likely to lead to a snowball effect of overeating high-calorie junk foods.
11. **Mr. and Mrs. T® Sweet and Sour Mix** has high fructose corn syrup as the second ingredient. Yet another reason why mixed drinks are hazardous to your waistline.



BELLY-FLATTENING FOODS: BEVERAGES

1. Now let's talk about my obesity additive approved drinks. Of course, my first suggestion is clean, pure water – no calories, no sugar, naturally made. And if plain water isn't for you, you can always put in a twist of lemon, lime, or some fresh-cut fruit to liven it up a bit.

2. **Synergy™ Strawberry Serenity™** is also a nice choice. This fermented beverage (called kombucha tea) is full of active enzymes, vital probiotics, antioxidants, polyphenols, and even some vitamins and minerals. One 8-ounce serving of this tasty drink lists that it contains only 4g of sugar, but the truth is that the actual amount of sugar is probably less impactful since it gets fermented by the beneficial probiotics. A complete bottle, shown here, contains 8g of sugar as compared to 60g of sugar in many other beverages of the equivalent size. This is a no-brainer for sure.
3. **Celestial Seasonings®** naturally-flavored teas are great because they contain no calories, no sugars, and no artificial flavors. They naturally have an amazing taste that you can drink any time, day or night. Plus, they contain a variety of herbs and spices (such as cinnamon and chamomile) that have health benefits of their own (such as antioxidant properties, helping with blood sugar management, and helping support restful sleep).
4. If **Sobe®** is your brand, then look for **Sobe® lifewater®**, which contains zero calories and zero sugars. It is sweetened with a natural sweetener called erythritol so you don't have to worry about possibly harmful artificial sweeteners.
5. The **Honest Kids® “Berry, Berry Good Lemonade”** contains just 10g of sugar per pouch. I found this product at Wal-Mart® and it's a much better choice than a lot of the “pouch” sugar-filled drinks that parents give to their children these days.
6. **Zevia®** low-calorie soda is sweetened with natural sweeteners like stevia and available at Whole Foods Market®.



BELLY-BULGING FOODS: BREADS

1. The **Mission® 96% Fat Free Flour Tortillas** contain hydrogenated oils (i.e., trans fats), and they're packed with refined flour — two obesity additives I suggest avoiding.
2. **Sara Lee® Soft and Smooth® Honey 100% Whole Wheat Bread** contains high fructose corn syrup, and again, it's primary ingredient is going to be refined flour, which basically acts like sugar in the body.
3. **Wonder® Original English Muffins** come from “fast absorbing” refined wheat flour and contain high fructose corn syrup.



BELLY-FLATTENING FOODS: BREADS

Compared to the last photo, these products are much better because they don't contain high fructose corn syrup, and unlike the former, which are made with refined flour, they are made with whole grains. They're also higher in fiber, and that's a good thing. Higher fiber helps support regularity, keeps you feeling full for longer, and helps you control your blood sugar. Look for 100% whole grain on your labels as a good start.



BELLY-BULGING FOODS: CEREALS

1. **Fiber One® Raisin Bran Clusters®** contains 13g of sugar per serving and it contains high fructose corn syrup.
2. **Raisin Bran Crunch®** contains a whopping 20g of sugar per serving (and by the way, that's only one cup and many people put in at least two cups for their cereal amount) and it also contains high fructose corn syrup, which is listed three different times on the label within other ingredients!
3. **Quaker's® Instant Oatmeal Maple and Brown Sugar** Flavor contains 12g of sugar per packet.

4. **Crunch 'n Munch's® Buttery Toffee Popcorn with Peanuts** contains 13g of sugar per serving, with its first ingredient being sugar, and its second ingredient being corn syrup, with partially hydrogenated oils close behind. (I threw a box of Crunch 'n Munch® into this list of bad morning cereal choices to see if you were paying attention, but the funny thing is that a few of these cereal choices are actually worse for you than having Buttery Toffee Crunch 'n Munch® in the morning!)



BELLY-FLATTENING FOODS: CEREALS

1. Even though many , you will see some of my “approved” cereals. You really can’t go wrong with **Quaker® Oats old-fashioned oatmeal**. Whatever brand you choose, just be sure to choose one with whole rolled oats (or steel-cut oats).
2. My favorite cereal is the **Ezekiel 4:9® Sprouted Whole Grain Cereal**. This is the almond flavor that is all-natural with no preservatives. The cereal contains 6g of fiber and less than 1 gram of sugar with 8g of protein. I sprinkle a little Truvia® natural sweetener and add a little almond milk, and it is delicious. Sprouted grains are whole grains (not made into flour), and the sprouting process also increases the amount and improves the availability of certain key vitamins and minerals.
3. **Kashi’s® Heart to Heart cereal** has only 5g of sugar along with 5g of fiber and 4g of protein per serving.
4. While you have much better options available to you, if you’re in a pinch and you have to choose a typical breakfast cereal, then you could argue that **Cheerios®** is probably one of the better options. There are certainly worse options, and I’d even make a case for skipping the meal if this was your “best” available choice. Be that as it may, each serving of Cheerios® has 3g of dietary fiber and only 1 gram of sugar. Add a little natural sweetener to Cheerios® with some unsweetened vanilla almond milk, and it doesn’t taste too bad.
5. As you saw in the previous photo, some Fiber One® brand cereal products aren’t what they are cracked up to be, but along the good<<better<<best continuum, the **original Fiber One®** is less bad, as each serving contains a whopping 14g of dietary fiber with zero sugar and 2g of protein. It makes a pretty solid choice, especially if you’re looking to ramp up your fiber intake.

6. The last one here is actually a bit of trick to see if you're still reading (not just looking at pictures). It's the **low sugar Quaker® Oats Oatmeal** that comes in a packet. At a glance, since it has 50% less sugar than the regular oatmeal that comes in a packet, you might think it looks good. But when you dig deeper, you'll see that it contains the artificial sweetener sucralose (Splenda®), and generally speaking, we want to limit artificial sweeteners (which I consider obesity additives) as much as possible. Just goes to show that these companies are really good at hiding things, and you always have to read labels.
7. **Uncle Sam®** cereal is a whole-grain powerhouse with 10g fiber, 9g protein and less than 1g sugar in each serving. Quite honestly, this is a hidden gem. It's one of the few cereals made with true whole grains, as it contains real whole wheat (not flour) and flaxseeds, which are a good source of the omega-3 fatty acid alpha linolenic acid and fiber.



BELLY-BULGING FOODS: CONDIMENTS

These condiments are great choices...if you want a beer belly. **Kroger®** and **Lawry's®** Marinades contain high fructose corn syrup as does **Hunt's®** **Tomato Ketchup** (so does the original Heinz 57®). **Kraft's®** **Light Asian Toasted Sesame Reduced Fat Dressing** and their **Thick 'N Spicy Barbecue Sauce** also contain MSG, and **Hidden Valley's Ranch®** Dressing also contains a hefty dose of MSG.



BELLY-FLATTENING FOODS: CONDIMENTS

Heinz® Organic Tomato Ketchup is a better choice over the original because it doesn't contain high fructose corn syrup. When it comes to barbecue sauce, make sure you choose a flavor or version or brand that doesn't have high fructose corn syrup or MSG in it. **Curley's™ Famous Hot and Spicy Barbecue Sauce** is a great example. When it comes to salad dressings, make sure you choose a low sugar version that doesn't contain high fructose corn syrup. **Newman's Own®** has a couple salad dressings that fit the bill — but make sure the only oil in the ingredients list is extra virgin olive oil. If it contains soybean, canola, safflower, corn, cottonseed, or sunflower oils, run the other way.

Fortunately, the popularity of Paleo has resulted in a surge of commercially available salad dressings and condiments that are made with healthier ingredients. Watch out for added sugar and those crappy, inflammatory oils I mentioned above. Your best bet is ALWAYS going to be good ol' extra-virgin olive oil and vinegar for salad dressing, and you can make an endless variety of great-tasting vinaigrettes with that combination as your base along with unlimited herbs, spices, lemon juice, mustard, etc.



MILK AND NON-DAIRY ALTERNATIVES

If you're going to choose cow's milk — which is completely fine if you don't have a dairy intolerance — go with **organic whole milk**, which comes from healthy cows and contains a much better fat profile. Not pictured is kefir, which is a fermented dairy beverage that is arguably one of the best dietary sources of probiotics. Just be mindful of what else is in the kefir besides milk, and it's ideal to choose organic, and if possible, raw.

When it comes to non-dairy alternatives, you can't go wrong with **almond milk** — as long as it's unsweetened. Other great non-dairy alternatives include unsweetened coconut milk, hemp, and cashew “milk.”



A lot of people think that yogurt is a nutritious snack, but you've got to be very careful. For example, **Yoplait's® Original Yogurt**, 99% fat free, contains high fructose corn syrup and 27g of sugar in a little six ounce container! What's more, the **Yoplait® Light fat-free** version. Simply put, most store-bought container is more junk food than it is a healthy snack. I suggest opting for plain Greek yogurt when shopping the yogurt aisle, and just like I mentioned above, your best bet is to go with organic, full-fat dairy for the most health benefits.



Cool Whip® Lite is one of my "most wanted" obesity additive foods. Right on the label, it sounds healthy because it has the words "lite" with 0g of trans fats and it says it has 50% less fat than the average whip topping. However, when you look at the ingredients, the first ingredient is water and the second ingredient is high fructose corn syrup followed by hydrogenated vegetable oil as the third ingredient— but the label claims it's trans fat free, which is impossible! Think **Reddi Whip®** is a better choice? Think again. They're both garbage. For the rare occasion that you need some whipped cream, buy organic, grass-fed heavy cream and whip it up yourself.



As an extra bonus, I've included **Coffee-Mate® Creamer**. What a joke. The front of the package says it has 0g of trans fat. However, its second ingredient is partially hydrogenated oil! So, the product's main ingredient, besides sugar, is hydrogenated oil, which is just another form of trans fat. Don't use this product in your coffee. Instead, opt for a natural sweetener and a splash of full-fat cream product, unsweetened coconut milk, or a healthy non-dairy creamer (made primarily with medium-chain triglycerides, MCTs). You'll be far better off in the future.



BELLY-BULGING FOODS: SNACKS

1. The first thing that may strike you as strange in this photo is the **Slim-Fast®** drink mix. You may be wondering why this **Slim-Fast®** product is here along with the other "bad snacks." Well, if you look at the ingredients, the very first ingredient in this product is sugar! In fact, this "weight loss drink" has 10g of sugar, just 2g of protein, and is stuffed full of artificial sweeteners, artificial flavors, and very questionable ingredients if you are interested in losing belly fat.
2. The next thing I would like to point out is **Weight Watchers® chocolate chip soft cookies**. Their first ingredient is enriched wheat flour and the second ingredient is sugar, but this supposed "health product" also contains partially hydrogenated oils/trans fats, which research has shown has all sorts of negative effects in the body, including increasing risks for certain cancers.

3. **Betty Crocker's Fruit Roll-Ups®** product is a hoot. Many parents across America are giving this product to their children, thinking that it is healthy because it has the word "fruit" in the name of the product, but it's not. This product contains 7g of sugar per roll, but even worse is that it contains partially hydrogenated oils, corn syrup, and a lot of food dyes. You would be way better off providing fresh fruit to your child instead of one of these "belly fat bulgers."
4. **Hunt's® Sugar Free Gelatin** may sound great because it is low in sugar, but it contains artificial sweeteners and hydrogenated oils (trans fats).
5. **Ritz® Crackers** contain partially hydrogenated oil, high fructose corn syrup, and enriched flour, which makes them a very unhealthy product. **Doritos® Cool Ranch** potato chips contain MSG, which is definitely not at the top of my list of ingredients to get a slim belly.
6. **Special K® "candy bars"** contain sugar and partially hydrogenated oil as their first two ingredients. And later on down the label, they throw in high fructose corn syrup as a kicker—not to mention that it has 3.5g of saturated fat. Stay away from this bar for sure. What is ironic is that the **Snickers®** candy bar has almost the same ingredient profile as the **Special K®** protein meal bar.
7. The **Atkins™ Advantage® chocolate peanut butter bar** has almost 6g of saturated fat and 12g of fat overall, plus they pack 240 calories in this little bar that won't satisfy your hunger for long.
8. **Rolo®** chewy caramel candy contains both high fructose corn syrup and hydrogenated oils (trans fats.)
9. **Reese's® Peanut Butter Cups** contain a whopping 13g of fat and 20g of sugar per package.
10. **Snickers® Marathon® Energy Bar** contains high fructose corn syrup.
11. **Cool Ranch Doritos®** are not cool because they have MSG and partially hydrogenated soybean oil (trans fat.)
12. Each bag of peanut **M&M's®** contains 25g of sugar! Like most candies, these are not a good choice.
13. The **Snickers®** candy bar contains partially hydrogenated soybean oil (trans fat) and 20g sugar.



BELLY-FLATTENING FOODS: SNACKS

1. Here's a photo of some of my favorite snacks, including **Blue Diamond® Almonds**, **Pecan Pieces and Walnuts**, which are full of good, healthy fats that can actually help you burn belly fat.
2. Also shown are few **dark chocolate options**. Now, you don't want to go hog wild on these chocolates, but they are healthier for you because they contain less sugar and more health promoting antioxidants than regular milk chocolate. I recommend something in the 70% to 80% cocoa range, but the 80% gets a little bit bitter for me.
3. Also shown is **Kashi's® TLC™ Cheese Crackers**. Unlike Ritz® Crackers, these tasty morsels don't contain any trans fats or other unnatural ingredients.
4. I really love **Garden of Eatin's™ Blue Chips**. I don't eat them all the time, but just look at their ingredient label and you'll see only a few ingredients compared to dozens of ingredients, artificial flavors, and MSG found in Doritos®.
5. An honorable mention in this photo is **Baked Lays®**. LOL! Just checking to see if you're still reading. Despite being marketed as healthy, these are made with a laundry list of garbage ingredients. If you have the occasional salty/crunchy craving, you'd be much better off choose from the Terra® line of chips.



If you've got a hankering for popcorn, avoid most microwave popcorn, which are made with poor-quality, inflammatory oils and artificial ingredients, and certainly avoid junk food like **Crunch 'n Munch**[®], which contains 13g of sugar, artificial flavors, and partially hydrogenated oils. Instead, opt for **organic popcorn** that has zero sugar, no trans fats, and no garbage oils like soybean, corn, canola, etc. Better yet, make your own popcorn at home and season it with your own blend of seasonings.



Two of my favorite dips to use are **natural guacamole** and **black bean fresh lime hummus**. Both contain good sources of quality fats and good amounts of fiber. Use these instead of the chip dips out there that are full of poor-quality oils (like soybean and canola), MSG, and high fructose corn syrup.



If you're in a pinch and have no better option than a granola bar, instead of a **Fiber One® Oats and Chocolate Bar**, which contains 10g of sugar and high fructose corn syrup, go for the **Cascadian Farm® Fiber Right Dark Chocolate Almond Bar**, which contains 5g of fiber, 8g of sugar, and natural ingredients. Even better, choose a piece of fruit, a hard-boiled egg, some mixed nuts, or if you're up for a challenge, don't eat at all. Chances are you'll be just fine until you can get some healthier options lined up.



BELLY-BULGING FOODS: SWEETENERS

In this photo, you will see **fine granulated sugar**, **Sweet 'n Low®**, **pure cane sugar**, and **Splenda®**. More and more, research suggests that the preponderance of **refined white sugar** ranks among the top belly fattening ingredients in America. In general, the less you consume of white sugar and refined flour-based products such as white bread, the better.

Artificial sweeteners like **Splenda® (sucralose)**, **Sweet 'n Low® (saccharin)**, **acesulfame K**, and **NutraSweet® (aspartame)** may have health concerns. That is why I believe it is best to stay away from these, and focus on natural sweeteners like those I talk about in the next photo.



BELLY-FLATTENING FOODS: SWEETENERS

The products shown here are what I call natural sweeteners, which don't seem to carry the unwanted baggage associated with the artificial sweeteners mentioned on the previous page.

1. **SweetLeaf®** is made from the stevia plant, a natural herb cultivated in the unique climates of South America.
2. **Z Sweet®** is a zero calorie sweetener that won't raise blood sugar levels, which is a good thing if you are looking to lose belly fat.
3. **Truvia®** contains erythritol and stevia leaf.
4. **Sun Crystals®**, another natural sweetener, is not necessarily my top choice since it is made with sugar (albeit raw cane sugar), so it does have some caloric value and may have an impact on blood sugar levels. It also contains stevia and erythritol, which is an all-natural zero calorie sweetener that is found naturally in many vegetables and fruits.



MISCELLANEOUS

Kikkoman's® Natural Soy Sauce contains a whopping 920mg per tablespoon of sodium compared to their **lower sodium version**, which has 575mg, slightly over half the sodium content of the original. Better even than soy sauce would be organic tamari, which is gluten-free and also tends to offer more robust flavor.



Prego's® Italian Sauce Traditional has 10g of sugar per half cup while **Lucini's® Hearty Artichoke Tomato Sauce** has only 230mg of sodium and less than 1 gram of sugar. When it comes to pasta sauce, you'll want to keep an eye out for those poor-quality oils that I keep mentioning — they're everywhere!



If you're a **V8®** drinker, be aware that each tiny can of **V8®**, just 5.5 oz., contains 330mg of sodium. Instead, opt for the low sodium version, which has just 80mg of sodium per can. Even better, eat your veggies!



This photo shows **Old El Paso® Taco Seasoning** on the left, which contains hydrogenated oils (avoid). On the right is **McCormick's® Original Taco Seasoning**, which doesn't contain hydrogenated oils. While that's a marginally better option, a substantially better option would be to head over to the bulk aisle and pick out seasonings with no additives.



When it comes to mayo and mayo-like dressing, most options (including those above) are made with obesity additives. For example, **Miracle Whip®** fat free dressing contains high fructose corn syrup as its second ingredient while **Whole Foods® 365 Light** mayonnaise is made with the crap-quality, inflammatory canola oil. Instead, look for mayo made with avocado oil -- there are several Paleo-approved brands — or even try to make your own.



Instead of going with the **Reduced Fat (or regular) Jif® Peanut Butter** that's full of poor-quality oils (even sometimes trans fats) and added sugar, go with **Natural Peanut Butter** that contains two simple ingredients, peanuts and salt. There are other great nut and seed butters available too, like almond, cashew, coconut, sunflower, and more. When it comes to jelly, go with organic spread that's made only with real fruit. Popular options, like **Welch's® Concord Grape Jelly**, which has 13g of sugar per tablespoon, and even **Welch's® Reduced Sugar Concord Grape Jelly**, contain added sugars and a list of preservatives.



These two packages of **Honeysuckle White® Turkey** look almost identical. However, the one on the left has 17g of fat per 4 ounce serving and the one on the right has just 3.5g of fat. The amazing thing is the one on the left says Honeysuckle White® and the one on the right also says Honeysuckle White®. You just have to look more closely at the packaging, and one says **ground turkey** and the other one says **extra lean ground white turkey**.

While I'm no fat-phobic, I do think you'd be better off getting your fat from other sources, such as extra-virgin olive oil, avocados, coconut, nuts, and seeds. Always make sure to look at the labels and go with the lean versions. Better yet, buy grass-fed organic meats whenever possible.



When it comes to soup, I prefer brands like **Amy's Organic Soups** and **Pacific Foods Organic** over the typical store-bought versions, such as **Campbell's®** or even **Healthy Choice®**, which is obviously marketed as healthy but often contains poor-quality oils and added sugar.



Warning! **Maruchan's® Instant Lunch Beef Flavor** contains a whopping 1,200mg of sodium per container along with MSG.



This photo shows an example of household products that have hidden obesity additives in them. For example, the **Pillsbury® Moist Supreme® Classic Yellow Premium Cake Mix** has hydrogenated oil, while **Kraft® Oven fry® Extra Crispy Chicken Mix** has MSG, and **Knorr® Vegetable Recipe Mix** also has hydrogenated oil.



Jiffy® Corn Muffin Mix contains added sugar and hydrogenated oil (trans fats). I wouldn't touch this stuff with a ten-foot pole. On the other hand, **Quaker® Yellow Corn Meal** is a much safer version without these ingredients in it.



This one doesn't need a lot of explanation, but the **Mott's® Cinnamon Applesauce** (which parents love to give to their children because they think it's healthy) actually contains 23g of sugar per every one of these little containers, and the second ingredient is high fructose corn syrup. On the other hand, you could choose an **apple**, which contains just 80 calories per medium size apple, and just 9g of sugar and 4.5g of fiber with no high fructose corn syrup—a much better choice.



Instead of eating **Del Monte's® Original Sliced Pears** in corn syrup, which has 23g of sugar per half cup, go with their **light version**, which has 14g of sugar per half cup. Better yet, eat a **whole pear**, which has 8g of sugar and 5g of fiber!



Here's a fun example. Both of these products are made by Uncle Ben's®. However, the **Broccoli Rice Au Gratin** on the left contains 2.5g of fat per serving, and 840mg of sodium with 4g of sugar. On the other hand, the **Whole Grain and Wild Rice Mushroom Recipe** contains just 1 gram of fat, 570mg of sodium, and just 1 gram of sugar.



Instead of **Barilla® Spaghetti**, which has just 2g of fiber and is made from white flour so it absorbs quickly, have **Ronzoni® Healthy Harvest Whole Grain Pasta**, which contains zero sugar, 7g of protein, and 6g of dietary fiber per 2 ounces (Barilla's® had 1 gram of sugar and only 2g of dietary fiber).

Over a few months of eating, making simple, better choices like these can go a long way toward helping you improve your shape and your health. But like I mentioned from the start, these packaged foods should be the minority of your overall food intake, which should be based predominantly on whole, minimally processed, real foods. And by shifting your diet to mostly (or exclusively) whole foods -- and limiting (or eliminating) processed, packaged foods -- you'll experience the most profound, robust health benefits.