

# HERE'S THE PROBLEM

- 90% of America's food budget is spent on processed food
- 50% of every food dollar is spent eating out

## DID YOU KNOW?

- 80% of Americans over 25 years old are **overweight**
- 50% of Americans will have some form of **cancer** in their lifetime
- Someone dies of **heart disease** every 34 seconds
- 76% increase in type II **Diabetes** since 1990

# 5 Worst Foods

**Avoid at all costs**

## Other Foods to **Avoid**

### Proteins

Fatty meats  
Fatty dairy  
Most lunch meat  
Large amounts of milk  
Large amounts of soy

### Fats

Margarine  
Vegetable oil  
Corn oil  
Heated/fried oil  
Fried foods of any kind  
Hydrogenated oils  
Soy bean oil

### Carbs

Regular bread  
Added sugar  
Most cereals  
Soda  
Fruit juice  
Bagels  
Fruit Bars  
Candy

- Doughnuts
- All Soda
- French Fries
- Chips
- Fried Foods

**The average restaurant meal is 1000 - 2000 calories.**

- x grams - Doughnuts
- Soda - Regular or Diet
  - French Fries or any commercially fried foods
  - Chips
  - Fried Non-Fish Seafood



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