

### Three Foods to Stop Eating

Considering the wide variety of foods Americans 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 their daily intake is made up of just three different foods. These are corn, soy, and wheat derivatives. Consuming these three food types will lead to weight gain and difficulty obtaining six-pack abs. If you want six-pack abs, then these three food types must be largely eliminated from your diet.

Where can these food sources be found? Corn is one of the most extensively processed foods, especially considering high-fructose corn syrup is made from it. 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 added to hundreds of foods in order to preserve them longer on the shelf and make the food taste better. About half of the world's oil is 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

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beneficial to substitute natural food for cattle and chickens with soy\_ and corn-based products, resulting in unhealthy animals. This ultimately leads to polluted meat, which then makes its way to the consumer.

Refined wheat flour is another food source Americans consume an inordinate amount of. This can be found in muffins, breads, pastries, cakes, hamburger buns, and 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.

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

With these three food types so common in everyday menus, it can seem almost overwhelming to combat this and get a chiseled six-pack. It will take discipline and commitment, but if six-pack abs are your aim, then you will need to adjust your mindset to overcome any 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 on salads. Reevaluate snack food

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choices and focus on organic, natural foods instead. If removing wheat from your diet means cutting out a large amount of carbohydrates, add fruits high in carbs to your diet.

It will be challenging to eliminate what makes up over 50 percent of the average food intake. However, there are tasty and healthy alternatives. For instance, 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 your diet will not only bring numerous health benefits, but it will also result in six-pack abs when combined with exercise. Say goodbye to corn, soy, and wheat and hello to an awesome six-pack.

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