

# Food OUR EXPERTS will NEVER eat

We turned to our uber-healthy and fit *Women's Fitness* expert panel to find out which foods they stay away from. And to be honest, we were a little surprised...



COMPILED BY SAM BAILEY PHOTOGRAPHY GETTY IMAGES

You'd be sad, too, if you were about to suffer death by morning breath

**Libby Babet**  
personal trainer

**protein bars**

"While there are a few that aren't quite in the 'never' category, you certainly won't see me picking up 'Gym Junk' bars. Most of these high-protein, low-carb snacks are highly processed and full of chemicals, false sugars, colours, flavours and fillers. For most women, this ends in digestive disaster – think gas, bloating and general discomfort."



**Charlotte Dodson**  
yoga instructor

**couscous**

"This pasta substitute has been given a healthy reputation because it's popular with vegetarians but, in reality, couscous is made of refined wheat and is no more nutritious than plain white pasta! It's a heavy gluten product, which can slow down metabolism and disrupt digestive functions. Choose wholewheat couscous for a healthier option."



**Lucia Hamzova**  
chi running coach

**sushi**

"It seems healthy, however, it's important to keep in mind that sushi is made with white rice and has a high sugar content. Also, the filling has a significant impact on the kilojoule intake, such as adding soy sauce and mayonnaise. The healthiest option would be brown or black rice sushi filled with fish and avocado, plus a bowl of salad."



**Susie Burrell**  
weight-loss expert

**banana bread**

"I have a heart attack when I have a client who's been eating banana bread regularly. Not only does it contain more than 1,255kJ and 20g of fat a serve but with 60g of total carbs, you have eaten the equivalent of more than four slices of wholegrain bread. It's basically banana cake, and unless you occasionally make a low-sugar version at home, there's no place for it in the diet."



**Belinda Kirkpartick**  
naturopath

**veggie chips**

"Many people believe that veggie chips (available in the health food aisle) are a healthy snack. However, these chips are generally cooked in sunflower oil, which isn't considered a healthy oil for frying. They also contain high levels of sugar and salt. A better substitute would be air-popped popcorn or homemade sweet potato chips, baked in the oven."



**Brad McIntosh**  
physiotherapist

**fruit juice**

"I guess like everything, there's no problem with drinking fruit juice in moderation, but because a lot of the fibre is removed in the juicing process, you're left with a very high sugar result that doesn't fill you up. Poor old fructose is getting a pretty bad wrap these days, and the truth is, it's not all bad. But I'd prefer to eat my fruits whole and get the benefits that way."



**Kate Wood**  
chiropractor

**margarine**

"Vegetables oils used in margarine can't be extracted naturally or cold pressed (unlike butter and coconut oil). To make margarine, these oils are extracted under high heat and pressure, hydrogenated (so it can harden), steam cleaned (extracting vitamins but leaving pesticides!), emulsified (smoothing the lumps), steamed and deodorised (removing the smell), and then bleached (removing the grey colour). It's enough to scare you off for life."



**Claudia Lee**  
GP

**wheatgrass**

"Wheatgrass is on par with shot-gunning a raw egg or trying to chew alfalfa sprouts. Compare it to a handful of baby spinach leaves; spinach has 22 times the amount of beta-carotene (vitamin A), eight times more vitamin C, four times more calcium and tons more iron than wheatgrass. While providing some supplemental nutrition, claims about the curative properties of wheatgrass have minimal scientific evidence."



**Kellie Wood**  
kinesiologist

**breakfast cereal**

"It's a common misconception that conventional breakfast cereal is a healthy part of the diet. However, most packaged cereals contain high amounts of saturated fat, sugar, salt, artificial flavours and preservatives. For a healthy breakfast alternative, I suggest making your own cereal using rolled oats, quinoa flakes, raw almonds, pumpkin seeds, shredded coconut, goji berries and linseed meal."



**Caitlin Reid** dietitian **low-fat salad dressings**

"While they might have less kilojoules, low-fat salad dressings are filled with a long list of ingredients, including everything from sugar and salt to flavours and colours. Including a source of healthy fats in your salad is a great way to get more from your vegetables – the fats

help you absorb the carotenoids (antioxidants such as beta-carotene and lycopene). My suggestion for a healthier dressing is to make your own by mixing lemon juice or balsamic vinegar with olive oil."



**"Most packaged cereals contain high amounts of saturated fat, sugar and salt"**