

The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 8- What NOT to Eat- Three of the Worst “Foods” to Avoid!

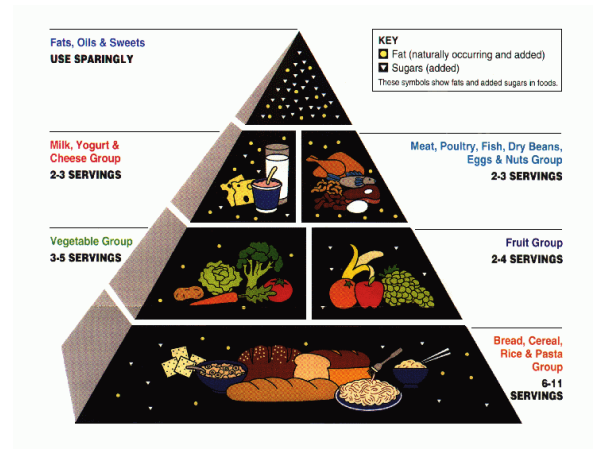
Part 1- The Rules of the Course/Review Last Week’s Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I’m always right (Eye roll).
- 2) “The goal is to keep the goal the goal” So, what’s yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

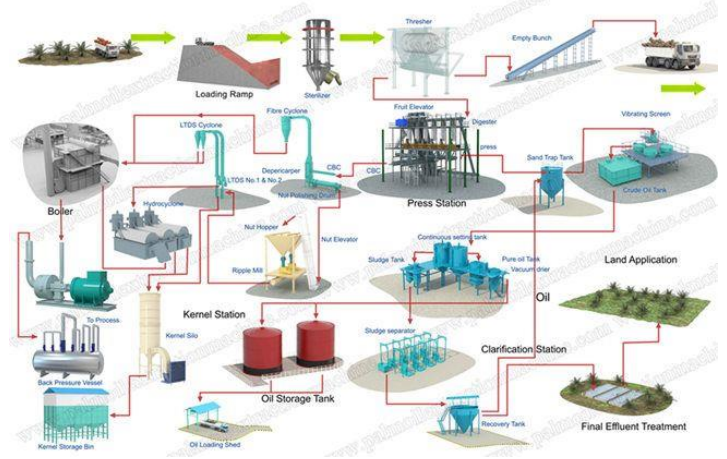
Part 2- SUGAR!



Part 3- REFINED GRAINS!



Part 4- VEGETABLE (SEED) OILS!



Part 5- What to Eat Instead?



Homework- Reduce sugar, grains, and seed oils!

Resources-

How It's Made- Canola Oil. GROSS. DO NOT EAT THIS GARBAGE.

<https://www.youtube.com/watch?v=Cfk2IXIZdbI>

Boundless Body Radio- Autoimmunity, Seed Oils, and Wheat (Oh My!) with Tucker Goodrich! 589

<https://www.buzzsprout.com/1244183/14393441>

Boundless Body Radio- Sugar Addiction with World-Renowned Expert Bitten Jonnson! 477

<https://www.buzzsprout.com/1244183/13014022>

Boundless Body Radio- Dark Calories with Vegetable Oil Expert Dr. Cate Shanahan! 672

<https://www.buzzsprout.com/1244183/15405982>

[Ultra-Processed People: Why We Can't Stop Eating Food That Isn't Food- Chris van Tulleken](#)

