



# **4 THINGS TO REMOVE FROM YOUR HOUSE TO LOSE BODY FAT & INCREASE ENERGY**

**All processed junk food-** A good rule of thumb: if it comes in a package, has an extensive list of ingredients, or several ingredients you cannot pronounce, it is most likely processed. This includes wheat products such as pasta, bread, bagels, crackers, biscuits, cakes, and pies.

**All calorie-containing beverages-** Sodas and juices are loaded with sugar, chemicals, and all kinds of artificial things that we should not be putting into our bodies. Drink coffee or tea in place of these. Your goal should be to drink half of your body weight in ounces of water each day.

**Added Sugars-** This includes sucrose, glucose, and fructose. Anything that ends in “-ose” is a sugar. Always read those ingredient labels; sugar can easily be hidden in there!

**Alcohol-** Having more than one alcoholic beverage can increase your risk of metabolic syndrome. This means it increases your likelihood of gaining abdominal fat. Alcohol should be considered a treat that can be enjoyed once a week in moderation.