



FOODS TO AVOID FOR OPTIMUM HEALTH

Why these items are not suitable for Healthy Life:

- It damages your emotional regulation
- Induces Sleeplessness
- Generate Anxiety or Depression
- Anger Induction
- Pre-mature Aging
- Obesity
- Diabetes/High Blood Pressure/Heart Attack/Paralysis
- Hair Loss
- Tooth decay/Bleeding gums/Burning mouth

Bakery Products

- Biscuits
- Rusk/Cakes
- Pastries
- Doughnuts
- White Flour
- Refined Paratha
- Poori/Paratha

- Waffles
- White/Brown Bread
- Flavored Yogurt and Ice-Creams

Tetra Packs

- Juices
- Milk
- Yogurts

Refined Sugars

- Sweet/Meethai
- Candies
- Jellies
- Candy Floss
- All Products Which Have Refined Sugar
- Corn Starch Syrup Products
- Fruit Juices

Soda And Cold Drinks

- Soft Drinks
- Energy Drinks
- Fruit Juices

Processed Food Items

- Canned Foods
- Cereals
- Instant Noodles

- Ready Foods
- Sausages/Frankfurters/Salami
- Frozen Foods
- Crisp/Chips
- Ready Meals
- Tetra Packs
- Broiler Chicken

Vegetable Oils

- Soya Bean
- Sunflower
- Cotton Seed
- Canola/Corn Oil

Fast Foods/Junk Food

- Pizza
- Burgers
- Petties
- Samosas
- Biryani
- Karahi
- Rolls
- French Fries

Who should I call for questions?

Orofacial Professionals

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