



Why Avoid THESE 3 FOODS?



PROTECT YOUR ENERGY. PROTECT YOUR HEALTH. EAT REAL FOOD.

MANY MODERN FOODS DRAIN YOUR ENERGY INSTEAD OF FUELING IT.



Blood sugar spikes & crashes leave you tired.



Inflammation increases stress on your body.



Cells don't get the nutrients they need to make energy.

THE 3 FOODS TO LIMIT

1 SUGAR (ADDED SUGAR)

- ✓ Spikes blood sugar quickly
- ✓ Leads to crashes and cravings
- ✓ Feeds inflammation

Found in: soda, candy, desserts, sweetened drinks, sauces, many packaged foods

2 ENRICHED WHEAT (REFINED FLOUR)

- ✓ Fiber & nutrients removed
- ✓ Turns into sugar quickly
- ✓ Less nutrients, less satisfaction

Found in: white bread, pastries, pasta, crackers, many baked and boxed foods

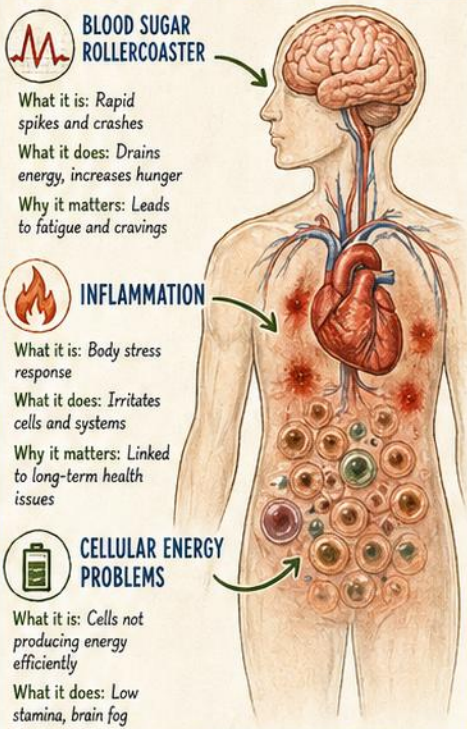
3 SEED OILS (HIGHLY PROCESSED)

- ✓ Easily oxidized (damaged fats)
- ✓ Can promote inflammation
- ✓ Found in many packaged foods

Common oils: canola, soybean, corn, sunflower, safflower, grapeseed, rice bran

THESE ARE COMMON— BUT NOT HARMLESS.

WHAT'S HAPPENING INSIDE YOUR BODY



BLOOD SUGAR ROLLERCOASTER

What it is: Rapid spikes and crashes

What it does: Drains energy, increases hunger

Why it matters: Leads to fatigue and cravings

INFLAMMATION

What it is: Body stress response

What it does: Irritates cells and systems

Why it matters: Linked to long-term health issues

CELLULAR ENERGY PROBLEMS

What it is: Cells not producing energy efficiently

What it does: Low stamina, brain fog

Why it matters: Affects your whole body

FOOD DOESN'T JUST FILL YOU— IT FUELS (OR DRAINS) YOUR CELLS.

REAL FOOD vs MODERN PROCESSED FOOD

REAL FOOD	VS.	PROCESSED FOOD
<ul style="list-style-type: none"> ✓ Stable energy ✓ Natural nutrients ✓ Supports your cells ✓ Helps your body function properly 		<ul style="list-style-type: none"> ✗ Quick energy → crashes ✗ Stripped or altered nutrients ✗ Inflammation triggers ✗ Leaves you hungry again
WORKS WITH YOUR BODY.		WORKS AGAINST YOUR BODY.
♥		☹

SAME CALORIES— VERY DIFFERENT IMPACT.

HOW IT HAPPENS (THE PROCESS)

- 1** Food is refined or heavily processed.
- 2** Nutrients and fiber are removed or altered.
- 3** Your body digests it too quickly.
- 4** Energy spikes → crash → cravings → repeat.

YOUR BODY WASN'T DESIGNED FOR THIS CYCLE.

REAL-LIFE EFFECTS

- LOW ENERGY**
You feel tired, even after resting.
- BRAIN FOG**
Hard to focus, think clearly, or remember.
- CONSTANT HUNGER**
You crave more sugar and junk food.
- INCREASED HEALTH RISKS**
Over time, this pattern affects your heart, weight, mood, and more.

SMALL CHOICES TODAY = BIG IMPACT TOMORROW.

WHAT TO DO INSTEAD (FUEL YOUR BODY WELL)

- CHOOSE WHOLE FOODS**
Real, unprocessed foods work with your body.
- USE HEALTHY FATS**
Olive oil, avocado, butter, coconut oil in moderation.
- CHOOSE WHOLE GRAINS**
Fresh milled or minimally processed grains.
- PRIORITIZE PROTEIN + FIBER**
Keeps you full, satisfied, and balanced.

SMALL CHANGES = BIG ENERGY DIFFERENCE.

YOUR BODY IS LIKE A FIRE

PROCESSED FOODS	REAL FOODS
<ul style="list-style-type: none"> ✗ Burn fast ✗ Spike energy ✗ Burn out quickly ✗ Leave ashes (no nutrients) 	<ul style="list-style-type: none"> ✓ Burn steady ✓ Provide lasting fuel ✓ Build strength and health ✓ Leave nutrients that nourish

DON'T BURN OUT— FUEL WISELY.

WHEN YOU REMOVE WHAT DRAINS YOUR ENERGY, YOUR BODY CAN FINALLY THRIVE.

Feed your family well. Live well. Pass it on.

BLESSEDHOMESCHOOLDAD.COM

