

Avoid These Foods

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<http://articles.mercola.com/sites/articles/archive/2009/12/29/The-7-Foods-Experts-Wont-Eat.aspx>

Unfermented Soy

Any soy that is unfermented -- soy milk, tofu, soybean oil, soy burgers, and all the other processed soy products out there all belong to this category -- is not a health food and in fact is not a food I would advise eating at all. This is true whether it is "organic" or not.

Soy infant formula is also on this list and is one of the [absolute worst foods you can give your baby](#).

Unfermented soy products have been linked to everything from reproductive disorders and infertility to cancer and heart disease.

Further, unfermented soy contains isoflavones that are clearly associated with reduced thyroid function. Eating unfermented soy products is likely the single largest cause of [hypothyroidism](#) in women.

Another major problem with unfermented soy is that it contains natural toxins known as "antinutrients." This includes a large quantity of inhibitors that deter your enzymes needed for protein digestion.

While a small amount of these antinutrients would likely not be a problem, the amount of soy that many Americans are now eating (and drinking in the form of soy milk) is quite significant.

The result of consuming too many of soy's antinutrients is extensive gastric distress and chronic deficiencies in amino acid uptake, which can result in pancreatic impairment and cancer.

For more details on soy foods, including the fermented varieties that can actually be healthy, please read [Why This Type of Soy is Better](#).