

PROBLEM IN CONSISTENCY & CONSTANTLY COMMUNICATING COMMON GROUND

Toby Amidor, MS, RD, CDN

Is Sugar Toxic?

by [Toby Amidor](#) in [Food News](#), May 1, 2012

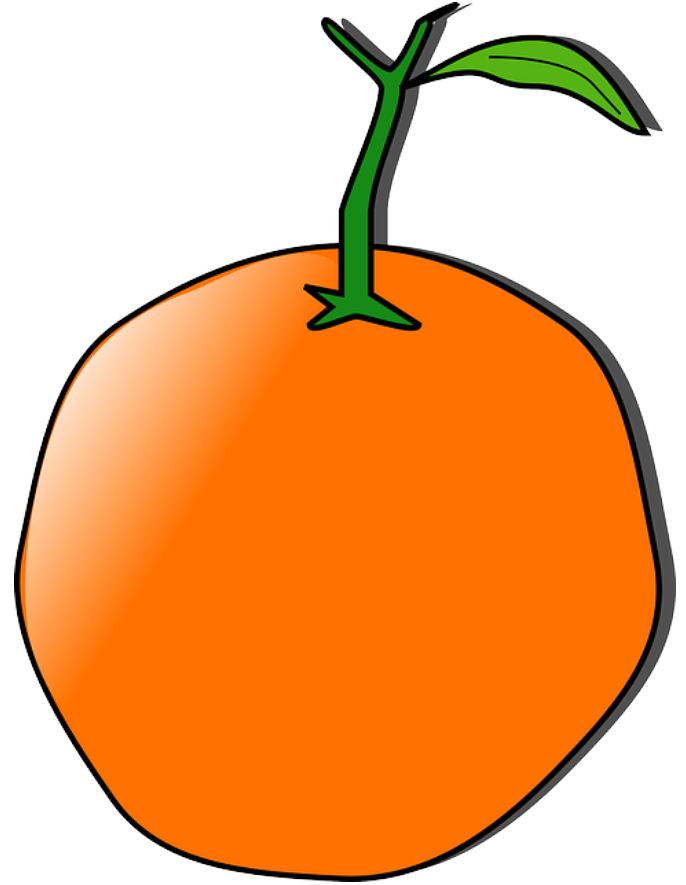


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Fruit: Love It or Leave It?

'Nature's candy' doesn't deserve to get tossed from the diet like the processed kind.



An orange has one more gram of sugar than a serving of cookies, but all sugar isn't created equal.

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Fruit Snacks: Are They Healthy?

by [Toby Amidor](#) in [Back to School](#), [Is It Healthy?](#), August 28, 2012

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My three kids go gaga over fruit snacks—and they're not the only ones. You can find them at the movies (in the kids snack pack), in birthday party goodie bags and in school snack or lunch bags. But are these chewy goodies good for our kiddos or just too good to be true?

Yes?

Fruit snacks run around 80-90 calories per small pouch—which is a reasonable amount of calories for a kids' snack. They're free of fat, cholesterol and are very low in sodium. Many also provide **vitamins A and C**.

No?



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12. Bacon "Although I admit that I enjoy the aroma and sounds of sizzling bacon, and I find it amazing that our country has such a fascination with this breakfast meat, I'm still happy, however, to take a pass on consuming it. [Sixty-eight percent](#) of bacon's calories come from fat, half of which is the saturated type. Each strip of bacon contains almost 200 milligrams of sodium, and most people don't stop at one strip. But hey — even though everyone should have a splurge now and then, it's not just the nutrient



12 Foods Nutritionists Say They Won't Ever Eat

Food Network on Yahoo
September 28, 2015

By Toby Amidor, M.S., R.D., CDN

Everyone splurges once in a while, even nutritionists. But these healthy eaters won't touch certain foods. We asked some of the most-famous nutritionists from around the

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Bacon Comments

“Wow...how uneducated to say stay away from bacon...saturated fat is not bad for us! Low carbs, moderate protein and high good fats is the only way to live...get rid of diabetes and high cholesterol! I eat uncured bacon...lots of bacon every week. The low fat diet doesn't work...we don't need whole grains or sugar or carbs or very little carbs! People quit listening to these so-called nutritionists...”

“This morning on yahoo there was a article that said bacon, eggs and grass fed butter will help you lose weight.”

“I don't listen to anyone that doesn't like bacon. I don't need that kind of negativity in my life!”

“It's sucks, that everything that taste SO good, seems to be BAD for you to eat?”



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9. Crickets

"Lots of people are jumping on the cricket bandwagon, but you won't be catching me eating cricket products. I know that they are an amazing protein source that's great for the planet, but I just can't bring myself to eat them. I think I could choke them down if I was in the wild with Bear Grylls, but as a post-workout snack, I just can't go there." — [Frances Largeman-Roth, RDN](#), nutrition expert and author of *Eating in Color*



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Everyone splurges once in a while, even nutritionists. But these healthy eaters won't touch certain foods. We asked some of the most-famous nutritionists from around the country which foods they'd snub — you'll be shocked by some of their responses.



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Scientists/Scientific Evidence



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