Twitter Thread by Jason Helmes



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Avoiding "bad foods" and eating only "good foods" is a great way to develop a bad relationship with your food.

I spent years avoiding "this" and "that" because I heard someone say they were "bad" on the internet.

When I started tracking properly, I realized it's mostly BS.

You can lose weight eating pretty much anything if you're in a calorie deficit.

I'm sure I'll get "bUt YoU'rE nOt HeAlThY iF yOu EaT " comments.

Sure, eating 'clean' foods is a good idea.

But thinking you messed up because you had an Oreo, your mindset is fucked.

This constant obsession with clean foods and eliminating a zillion 'factors to obesity' is a non-starter when you track your food.

And for many, having some "forbidden" treats periodically (when they fit their calories/macros) is *EXACTLY* what they need to stay on track.

I tried the whole "can't eat sugar, don't eat this oil, don't consume that artificial sweetener" route.

Didn't do shit for me.

If it works for you, GREAT.

But I'm sure there's other people out there who can't "just eat whole foods, bro".

I know I sure was...

Now here's the kicker... when you get fit and lean, your bloodwork and biomarkers for health will improve dramatically.

Weight Loss improves health biomarkers for health more than any other factor.

ANY other factor.

Regardless of if you consumed a 'dirty' food.

Everything in moderation.

Including moderation.

Emphasize whole foods.

But don't fear any food.

Simply ask yourself, "Is it worth it?"

If it is, great! Track it and ensure you're meeting your goals and recommendations.

If it's not, don't.

Simple as that.