

The Top Five Cancer-causing Foods:

1. Hot Dogs



Because they are high in nitrates, the Cancer Prevention Coalition advises that children eat no more than 12 hot dogs a month. If you can't live without hot dogs, buy those made without sodium nitrate.

2. Processed meats and Bacon



Also high in the same sodium nitrates found in hot dogs, bacon, and other processed meats raise the risk of heart disease. The saturated fat in bacon also contributes to cancer.

3. Doughnuts



Doughnuts are cancer-causing double trouble. First, they are made with white flour, sugar, and hydrogenated oils, then fried at high temperatures. Doughnuts, says Adams, may be the worst food you can possibly eat to raise your risk of cancer.

4. French fries



Like doughnuts, French fries are made with hydrogenated oils and then fried at high temperatures. They also contain cancer-causing acrylamides which occur during the frying process. They should be called cancer fries, not French fries, said Adams.

5. Chips, crackers and cookies



All are usually made with white flour and sugar. Even the ones whose labels claim to be free of trans-fats generally contain small amounts of trans-fats.

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