

The Evil Triad

Sugar

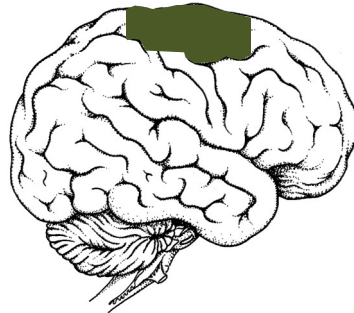


Fat

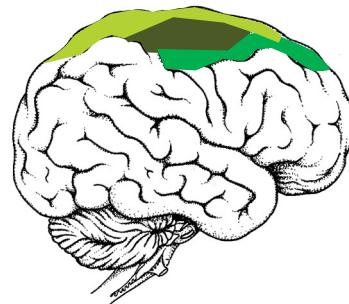
Salt

Sugar, Salt, and Fat make up the The Evil Triad. All three of these ingredients make you want to eat more. So, if you eat sugar, your body will not only crave more sugar, but it will crave all three: sugar, salt, and fat! Even worse, when you eat sugar, salt, and fat together, the craving increases dramatically. Think about all the foods that combine sugar, salt, and fat to create these powerful and unhealthy cravings (pizza, doughnuts, most restaurant food, etc.).

Sugar



Sugar + Fat + Salt



Sugar, Salt, and Fat increase dopamine which excites the brain. Sugar is the biggest culprit of this. When you eat foods with the Evil Triad regularly, your brain lights up and stays that way giving you constant food cravings.

The Evil Triad's brain stimulation is similar to the excitement the brain receives from drugs and alcohol. Don't fall into the trap! Break the cycle of the Evil Triad by eating whole foods without excessive amounts of sugar, salt, and fat.

