

# April 2021 Coordinated School Health Employee Newsletter



## 5 Foods You Should Not Eat On an Empty Stomach

It's so much more convenient to grab that cup of coffee or a packet of chips on an empty stomach, while attending to 'more important things of the day.' However, the quality of food going into our system takes a back-seat, because who wants to make these decisions first thing in the morning, right? Taking the easy way out just leads to ill-effects on the body that end up staying for the long run.

*If you think reaching out for a glass of orange juice is a good idea in the morning – pause, observe and think again.*

*Here are some foods that are harmful for the body if consumed on an empty stomach.*

**1) Citrus Fruits** — When it comes to fruits, it's of utmost importance to consume them at the right time and in the right quantity. The acids present in citrus fruits over time can provide an unnecessary boost to acid production in your gut. This may result in stomach issues such as gastric ulcers or even gastritis. Heartburn is also a possible reaction to eating citrus fruits on an empty stomach, along with a slower metabolism thanks to the high level of fructose present in fruits. Guavas and oranges are fruits you need to especially stay clear of due to their high citric acid content.



**2) Yoghurt** – We've got a wonderful powerhouse of good bacteria present in our stomachs at all times that help to break down the food we ingest and transport its nutrients to the rest of the body. Yoghurt contains a high amount of lactic acid that promotes the strengthening of our bones and helps good bacteria to grow. An empty stomach already has high levels of stomach acid present in it, and consuming yoghurt at a time like this can lead to the lactic acid from the yoghurt to be completely ineffective or even leading to an unpleasant acid reflux.



**3) Coffee** – Your morning cup o' Joe may be waking you up, but to your body, it's doing more harm than good. Drinking coffee on an empty stomach leads to higher levels of acidity in the body. You may also experience indigestion and heartburn through the day thanks to this delicious beverage, so it's best to eat something before drinking your coffee as you wake up.



**4) Spices** – Spicy foods first thing in the morning cause an increase in the production of acid in the stomach, which may result in digestive problems in the future. Thanks to the presence of capsaicin, the acid that makes chilies spicy, consuming spicy dishes as the first meal you have in the day may not be a good idea!

**5) Bananas** – Just because it's a fruit, doesn't mean you can eat it first thing in the morning! Eating bananas on an empty stomach increases the amount of magnesium in the blood, which is not good news for your heart. Bananas are also high in natural sugar, being that 25% of an average banana is sugar, giving you an initial energy boost that only ends up draining you in the later hours. The same sugar fills you up temporarily but leaves you empty-stomached soon after. Also, owing the acidic nature of the yellow fruit, it's possible that one may encounter bowel issues if one makes this a habit.

