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Top Experts Weigh In On When 'Good Things Go Bad'

From exercise and healthy foods to your daily beauty routine, too much of *anything* is bad. Top experts weigh in everyday habits that when done in excess may cause more harm than good.

Can Eating Too Much Vegetables & Fruits Be Unhealthy?

Although vegetables and fruits are vital components of a healthy, well-balanced diet, eating too many can result in unpleasant and even unhealthy consequences. According to **Franci Cohen, a personal trainer, certified nutritionist and exercise physiologist in New York City,** "whether you overindulge in one specific vegetable or a variety of vegetables and fruits, consuming too many may cause digestive upset and deprive you of other essential nutrients. For example, can eating too many carrots turn your skin orange?" You're getting an excess of beta-carotene, a pigment that's deposited in the skin when you eat carrots. The good news is that too much beta-carotene won't hurt you. But if you do eat a lot of carrots and begin to turn orange, switch to broccoli, tomatoes, or other vegetables lower in beta-carotene until the hue fades," advises Franci.

We constantly hear about the positive benefits of fiber, but despite all these benefits, too much fiber can cause several health problems. "Fiber is a natural substance found in fruits, vegetables and grains. It's an essential part of healthy digestion," says Franci. "But too much fiber can cause severe GI upset including cramping, diarrhea, bloating and constipation. Another thing to consider is that when you are stuffing yourself full of veggies, you are doing so at the expense of other important food categories."

Fruits offer a plethora of vitamins and minerals to the body. They are packed with antioxidants, water, fiber, and so much more! However, too much fruit can lead to problems involving hormones that regulate blood sugar, insulin, glucagon, and growth hormone. "Experts have said that too much of any sugar (fructose included) can cause diabetes. It isn't that cut and dry, but too much fruit can definitely mess with your hormones. On another note, let's not overlook the mechanics of eating. Your teeth bite into every sugary piece of fruit that you intake. Too much may have you running to the dentist for help!"