



## Basic # 3 – Eat Protein + Fiber 5 X per day. (Part 1 of 3)

Sounds simple right? If it was, we wouldn't be in this kind of health crisis;

### World Health Organization's Key facts

- Worldwide obesity has more than doubled since 1980.
- In 2014, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 600 million were obese.
- 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese.
- Most of the world's population live in countries where overweight and obesity kills more people than underweight.
- 41 million children under the age of 5 were overweight or obese in 2014.
- Obesity is preventable.

We have heard the stats, we know that being over weight increases our risk of Cardiovascular Disease, Cancers, Diabetes, it lowers our immune system which puts us at risk for infections. But even knowing all this we still as a human species make choices that are literally killing us.

So if it was as simple as eating protein and fiber 5 X per day, we'd be fine. However there are so many systemic problems in our food chain, our societal acceptance of being overweight, socioeconomic imbalances, chronic stress, mental health, sleep deprivation, food intolerances and on top of all that a lack of consistent nutritional advice, that makes this such a difficult epidemic to overcome.

It's hard not to make it complicated, but at the same hand, it can be simple. You first need to understand what foods are causing the health problems, why we continue to choose foods that are killing us, and why we are ok with it.

Let's dive in, What foods are causing health problems; According to Data from marketing firm Euromonitor- *In Germany, which ranks second in both sugar and fat consumption per capita, is among the skinniest nations in the developed world. Only 14.7 percent of its population over the age of 14 is considered obese, [according to data from the Organization for Economic Co-operation and Development \(OECD\)](#). Similarly, other countries, including Belgium, the Netherlands, Finland and Sweden, are both near the top in sugar and fat intake, and near the bottom in obesity rates.*

*Lower sugar and fat consumption, however, does appear to align — at least a little more — with lower obesity rates, probably because it reflects lower consumption of food more generally. India, Indonesia and China, which are at or near the bottom of the list in both sugar and fat consumption, also happen to have the three lowest obesity rates (2.1, 2.4 and 2.9 percent, respectively) among the countries the OECD tracks.*

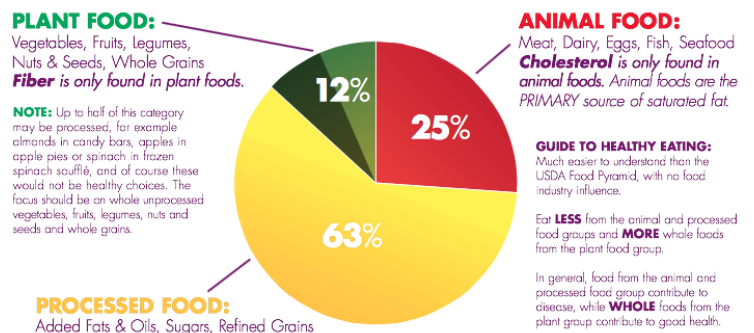
*What exactly does this all mean? It's unclear. But it does make you wonder whether there's a better gauge for why people in some countries are so overweight and others are not. One possibility is that it's not the raw amount of fat or sugar content alone that matters, it's also the type of food that's being eaten. In the United States, processed foods are still wildly popular, a fact that could offer one more theory of how this country came to have an obesity rate above 35 percent.*

In North America, we have vilified Sugar and Fat, and have done everything possible, chemically to our food to avoid these two Macronutrients. I must ask the question then, is the real problem Sugar or Fat, both or the chemical laden, processed quick foods that line our grocery shelves?

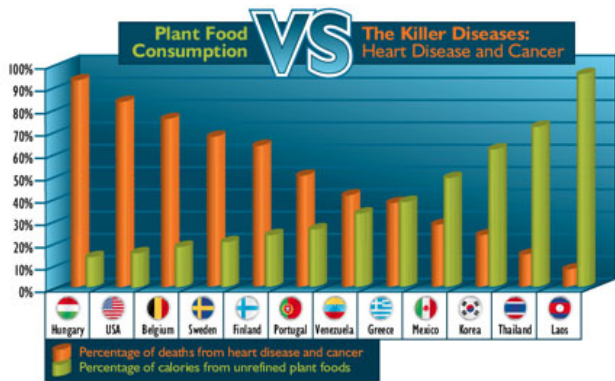
How many “100 Calorie” snack packs, and “0 calorie Sweeteners”, “No Trans Fats”, etc. etc. have we all seen, bought and consumed.

Big companies market foods that are, in some nutritionists and real food advocates' opinions addictive to our biological need for these nutrients, without understanding that our bodies cannot recognize the chemical nature of the processed food. In Canada we consume 60% of our calories from processed foods, only 3% less than the US.

## U.S. FOOD CONSUMPTION AS A % OF CALORIES



Source: USDA Economic Research Service, 2009. [www.ers.usda.gov/publications/EIB333](http://www.ers.usda.gov/publications/EIB333); [www.ers.usda.gov/Data/FoodConsumption/FoodGuideIndex.html#calories](http://www.ers.usda.gov/Data/FoodConsumption/FoodGuideIndex.html#calories)  
New York Coalition for Healthy School Food • [www.healthyschoolfood.org](http://www.healthyschoolfood.org)  
Special thanks to Joel Fuhrman, MD, author of *Disease-Proof Your Child: Feeding Kids Right* • Graphics by Michelle Landis  
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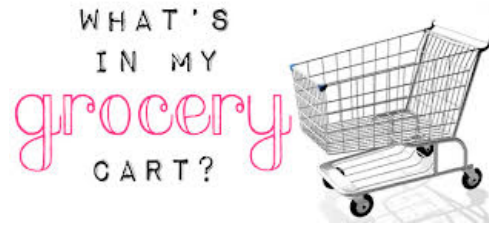
Before we can talk about specific nutrients like sugar and fat and even protein + fiber 5 times per day, we must first get back to eating real, whole food. Life is busy and it is not always easy to prepare everything yourself, but there are great choices out there. It will take time and effort to find your new normal, but your health and your life depend on it. So before focusing on specifics of how much and how many times a day to eat something, you need to first get in touch with real food.

Figuring out which pre-packaged foods are healthy choices can be confusing. There are so many to choose from! This week we will be taking a closer look at what groceries you are bringing home, and challenging yourself to follow a strict 'package food watch'!

### What are pre-packaged foods?

Pre-packaged foods are foods that are sealed in a box, bag, can or other are sold in the grocery store in their packages. Some examples of pre-include:

- Ready-to-eat frozen entrees
- Frozen chicken nuggets and hamburgers patties
- Crackers and granola bars
- Ice cream, cakes and cookies
- Pop and juice
- Pre-washed salad
- Bagged frozen fruit
- Canned tuna
- Milk, yogurt and cheese
- Condiments, salad dressings



container. They packaged foods

### Are pre-packaged foods bad for me?

Maybe. Some pre-packaged foods like ready-to-eat frozen entrees, granola bars, crackers, frozen chicken may be high in calories, fat, salt and/or sugar. If you fill up on these pre-packaged foods, you may be more nutritious foods. As well as loading up on additives that are controversial to our health.



nuggets and pop missing out on other

### Can pre-packaged foods fit into a healthy eating pattern?

Yes. Some pre-packaged foods are not only convenient, but nutritious too! Try these healthy, pre-packaged food choices:

#### Canned Foods (rinse canned goods or buy plain, low sodium versions, try finding BPA free cans)

- Tuna and salmon
- Beans
- Lentils
- Corn
- Carrots
- Tomatoes

#### Frozen Foods – Organic whenever possible

- Plain frozen vegetables like broccoli, carrots and peas
- Plain frozen fruit like strawberries, mangoes, blueberries and cranberries
- Unseasoned fish like plain salmon, cod, trout and halibut

#### Bagged or Boxed Foods

- Pre-washed lettuce and greens, use organic whenever possible.
- Shredded carrots

- Cut up vegetables
- Fruit trays
- Whole grain, high fiber breads and cereals
- Plain oatmeal
- Plain whole grains like pasta, brown rice, quinoa

#### Other healthy pre-packaged foods...

- Low fat milk, and cheese – if you do not have a dairy intolerance
- Yogurt – choose unsweetened, high protein and whole fat varieties, like Greek yogurt. You can add your own sweetener and fruits, and the low fat/no fat varieties have additives to make the consistency palatable choose a 2 or 3%.
- Unsalted nuts like almonds and walnuts – Store in an airtight container in your fridge, nut oils go rancid easily, so always store in a cool place.
- Natural, plain peanut and nut butters



It is possible to find pre-packaged foods that fit into a healthy diet by reading nutrition labels. Compare nutrition labels and look for items that are lower in calories, sodium, sugar, fat and higher in fiber. As well as scrutinizing the ingredients list. You've all heard it before; if your Great Great Grandma wouldn't recognize it as food, don't eat it!

← The original packaged food

Also when you think about the number of steps taken to create the food in the package, the more steps the farther away from a healthy option. I.e. Wash the veggie, cut the veggies, package the veggie! 3 steps! So your challenge this week, clean your pantries, your freezer and fridge of packaged foods, question the ingredients listed and if you don't know what it is, look it up or toss it out. Nutrition can be a confusing topic, with manufacturers using labeling loopholes, and health claims to sway us, **always be critical of the food, someone else has prepared for you!!**

Bonus info --Some commonly used food additives that tend to induce adverse reactions are: (not the only)

#### Aspartame

[Aspartame](#) (951) is an artificial sweetener that is used to replace sugars in foods and beverages. The long term effects of aspartame on health have been studied intensively, but results were inconclusive. It is noted that aspartame induces [carcinogenic](#) effects in a dose-related manner. Contradictory results were shown in studies which reported that aspartame consumption in foods and beverages does not raise the risk of [brain](#) or other cancers.

Although inconclusive results were shown in several studies, FSANZ and other international regulatory agencies concluded that aspartame is safe to consume. Aspartame is approved for general use in tabletop sweeteners, carbonated soft drinks, yoghurt and confectionery.

The acceptable daily intake (ADI) of aspartame is currently 50 mg/kg body weight in the United States, and 40 mg/kg body weight in Australia and the European Union for both children and adults.

#### Benzoate

[Sodium benzoate](#) (211) is used as a food colouring and preservative in foods. Children who consumed a mixture of food colourings and preservatives from soft drinks and confectionery at high levels were found to be more [hyperactive](#) than those who did not have the colourings and preservatives. Colourings and preservatives can be minimised in diets by including lots of fresh fruits and vegetables and eliminating processed foods.

#### Monosodium glutamate (MSG)

[Monosodium glutamate](#) (621) is often added to food as a flavour enhancer but it can also occur naturally in food. While in the past MSG has been implicated as the causative agent of Chinese restaurant syndrome (CRS) and asthmatic attacks there is insufficient evidence to support this at the levels consumed in food.

#### Nitrates

[Nitrates](#) or nitrites are added as a preservative, antimicrobial agent or colour fixative to processed foods such as meats and cheese. Nitrate also occurs naturally in water, vegetables and plants. The human body converts nitrate in food into nitrite. Nitrite has been implicated in a variety of long term health effects, including [gastric cancer](#).

#### Sulphite

[Sulphite](#) sensitivity is a food intolerant reaction. Sulphites exist in several forms (e.g. sodium and potassium metabisulphite, sodium and potassium bisulphite, sodium sulphite, and sulfur dioxide). Sulphite has many functions, including as a antimicrobial agent. It inhibits enzymatic and nonenzymatic browning, whitens foods, and serves as a dough conditioner. Manifestations of sulphite sensitivity include [anaphylaxis](#) and asthma.

#### Tartrazine

[Tartrazine](#) (102) is an approved artificial food colour in North America, it has been removed from food in the UK. Tartrazine has been implicated in the aggravation of both asthma and chronic [urticaria](#) in some people. However, the association of tartrazine in the provocation of asthma and chronic urticaria is controversial. Some studies have shown a cause-and-effect relationship, whereas other studies have not. Both asthma and chronic urticaria are chronic illnesses with symptoms that tend to flare up at unpredictable times.