



My Chief Concerns

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80-20 Rule

Did you know there is an 80-20 rule when it comes to eating out or grabbing take-away?

- 80% eat at home
- 20% take-away dinners

Personally, I think this is being much too lenient, especially if you are looking to be healthy, or need to lose weight, but I guess it's a very good start.

According to Debbie Lies of <http://healthyfoodguide.com>, Australians eat out at a restaurant or eat takeaway on average of four times a week! This is a lot... wow!

I fail to see how a person could be healthy consuming that much nutrient deficient food.

I could go through the different types of food available, but I think we already know that. For more information, I would rather direct you to Debbie's website where she has gone to a lot of trouble to spell it all out for you. She has chosen the best and the worst choices... so it's very good information.





Choices

How can we possibly maintain a healthy diet but still enjoy the occasional meal out... or easy meal?

Really, many would say it was virtually impossible, but there are some ways of improving your choices.

As you go through these, I'd like you to think carefully about how you will move forward.

We all can make choices. We can choose bad, or we can choose good!

A lot of it has to do with having knowledge about the foods and drinks which will then allow you to make a more qualified decision.

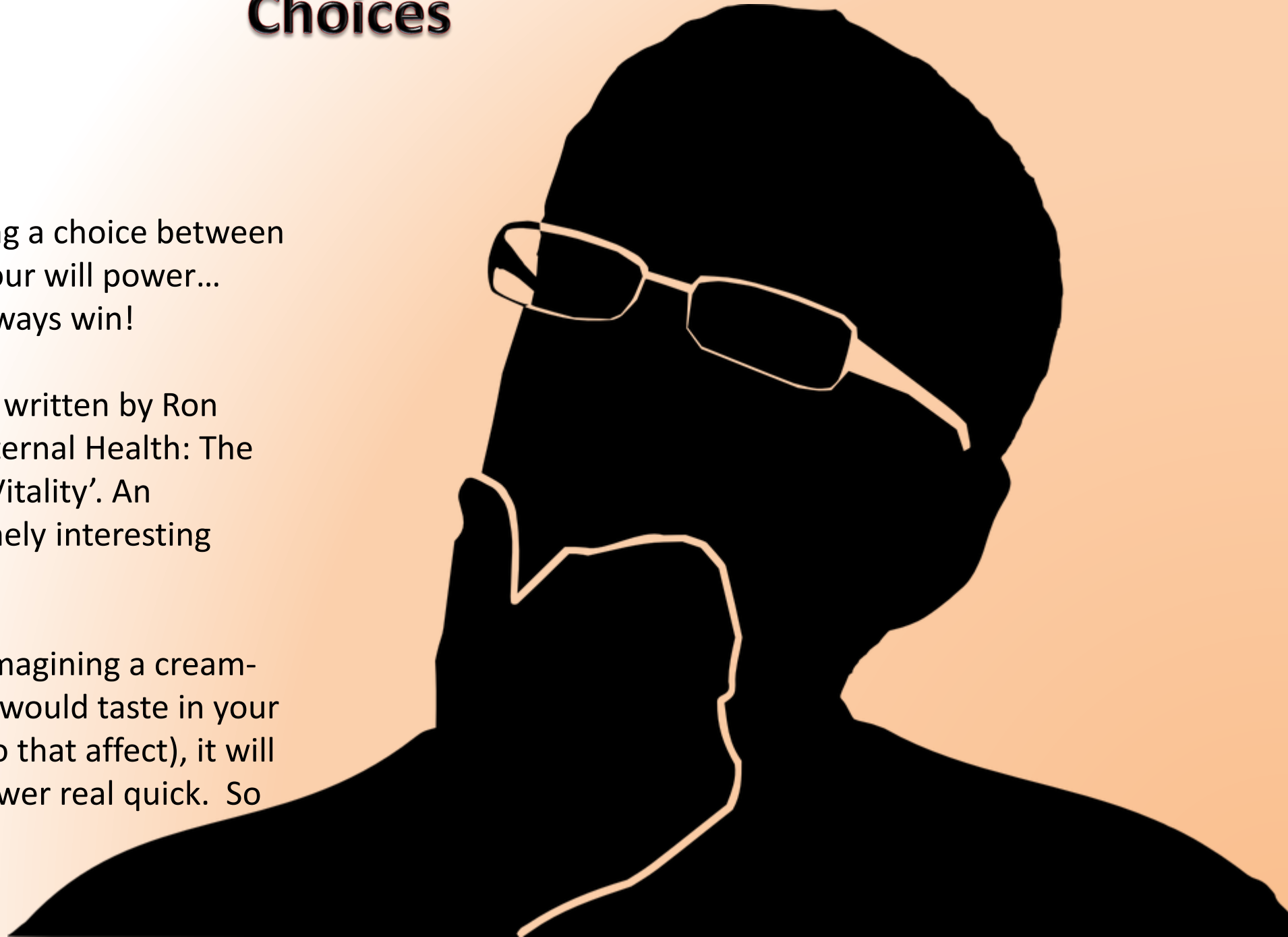
Choices

Remember this:

If it comes down to being a choice between your imagination and your will power... your imagination will always win!

I found this information written by Ron Gellatley who wrote 'Internal Health: The Key to Eternal Youth & Vitality'. An entertaining and extremely interesting read.

He said that if you are imagining a cream-filled donut, and how it would taste in your mouth, (or something to that affect), it will wear down your will-power real quick. So don't go there!



My Chief Concerns

- The amount of **sugar** used in everything.
- The **type of fats and oils** used – trans fats and hydrogenated oils, including the wide-spread use of **Canola Oil**.
- The use of **salt** that's been stripped of its minerals and is totally nutrient-deficient.



Image: vancitynoms.com

The use of **refined white flour** in everything from bread rolls, batters, biscuits, cakes etc.

- Just look around in most bakeries, cafés and take-away shops. Everything is based on bread and/or white flour!
- Sandwiches, rolls, pastries. Even if you choose wholemeal varieties, it's still bread.
- For a person trying to avoid eating so much bread/white flour/ bad fats/ wrong salt... these shops are a nightmare!

My Chief Concerns

There are a lot of hidden risks and side effect of eating a quick, easy and cheap fast food.

1. Almost meat!

- Chicken often only 50% chicken... the other half is soy.
- Sodium can be 7 – 10 times more than ordinary chicken.
- Nuggets, instead of being chicken, are mainly made up of fat, some bone, nerve and connective tissues. Ugh!

2. Loaded with Antibiotics and more

3. Fries/Chips that cause cancer

- Contains acrylamide from being fried up at high temperatures

4. Packaged in poisonous packaging

- Per- and poly-fluoroalkyl substances, known collectively as PFASs, which are described as “highly persistent synthetic chemicals, some of which have been associated with cancer, developmental toxicity, immunotoxicity, and other health effects.”



More Chief Concerns

More... more... oh dear, so much more!

5. High Fructose Corn Syrup & other scary sweeteners

6. Migraine-Triggering Sauces from MSG

- Every chicken piece of all recipe types of KFC contain MSG as one of the top ingredients

7. Artificial Food Dyes & Preservatives

- Easy to find red 40, yellow 5 and blue 1
- Potentially partly behind ADHD.

8. Inflammatory Oils

- Canola, Corn and Soybean oils are in high demand
- They cause inflammation within the body. Inflammation is behind most diseases

9. Farmed Fish

- Contain high concentrations of antibiotics and pesticides



Low Fat Diets

For many years ‘they’ have portrayed that ‘all fat is bad’ for your health. On the contrary, we now know, just as our ancestors knew, that fats are necessary for a healthy lifestyle and body.

Both **monounsaturated** and **polyunsaturated** fats are essential because our body doesn’t produce them, so they must come from dietary sources.

Important common fats found in the diet are:

- Saturated fat
- Mono-unsaturated fat
- Poly-unsaturated fat which should only be consumed in their natural state – not from processing.

Saturated fat has been demonized for a long time, but research is now showing that this type of fat is very necessary for your body and brain.

And... it’s not the fat in your diet that causes a person to put on weight... it’s the sugar!

Low-fat and fat-free products are loaded with sugar and other ‘extras’ because without them they’re tasteless.

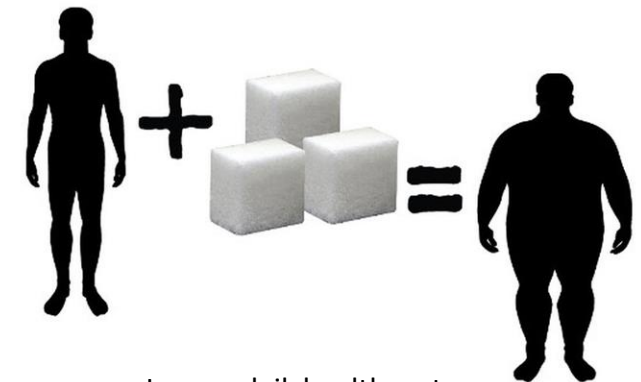


Image: dailyhealthpost.com



We here in Australia need to learn to think for ourselves and not follow the ways of the USA as we tend to do... in virtually all ways, except this:



America has banned the use of trans-fats in the food supply owing to the findings of it being so dangerous and responsible for countless deaths from heart disease and obesity.

They have even taken it a step further to no longer recommend low-fat diets for obesity prevention!

Low Fat Diets

Low-fat diets have many risks!

- . Poor Brain health
- . Lowered brain function
- . Hormone imbalance... and more!



Run!

**Tell
everyone
you know...**

We need not be afraid of healthy fats in our diet... ..but we do need to run from refined sugars and artificial sweeteners!