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WHY CUT PROCESSED FOOD



47K



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1. Processed foods are an **illusion**, often **appearing to be healthy** (with claims like low fat, low carb, vitamin fortified, no trans fat, contains omega-3s, etc.) when these foods are in fact the very thing making a lot of Americans unhealthy, sick, and fat.
2. **Coronary heart disease, diabetes, stroke and cancer** – four of the top ten chronic diseases that kill most of us – “can be traced directly to the industrialization of our food” according to **Michael Pollan**.
3. Making smarter (and sometimes more expensive) food choices now may **reduce your healthcare costs** later in life.
4. Why would one want to eat a processed food-like substance that is scientifically **designed to never rot**?
5. The food industry has proven that it is not very good at seasoning our foods by adding **way too much salt, sugar, and/or oil** to almost everything.
6. When you eat white bread and other foods made with white flour (which is a highly processed version of wheat) you are basically consuming **empty calories** with far less nutrition than the whole-wheat or whole grain alternatives.
7. It is estimated that up to **90% of processed foods* in the supermarket contain either a corn or soy ingredient** in the form of an additive under a variety of different names. Now how is that for eating variety?
8. Cutting out processed foods could lead you to experience a variety of **personal health benefits** such as having more energy, losing weight, improving regularity, or just feeling healthier overall.

9. Rather than counting calories, watching fat grams, or reducing carbs for “healthy eating,” simply eat whole foods that, as Michael Pollan puts it, are more the product of nature than “the product of industry.” It certainly is **less complicated**.
10. It just **makes plain old sense** to fully understand what you are eating, be able to pronounce everything on the list of ingredients (if there is a list), and know exactly where that food comes from...don't you think?

*Statistic courtesy of a food scientist interviewed on the documentary “Food, Inc”



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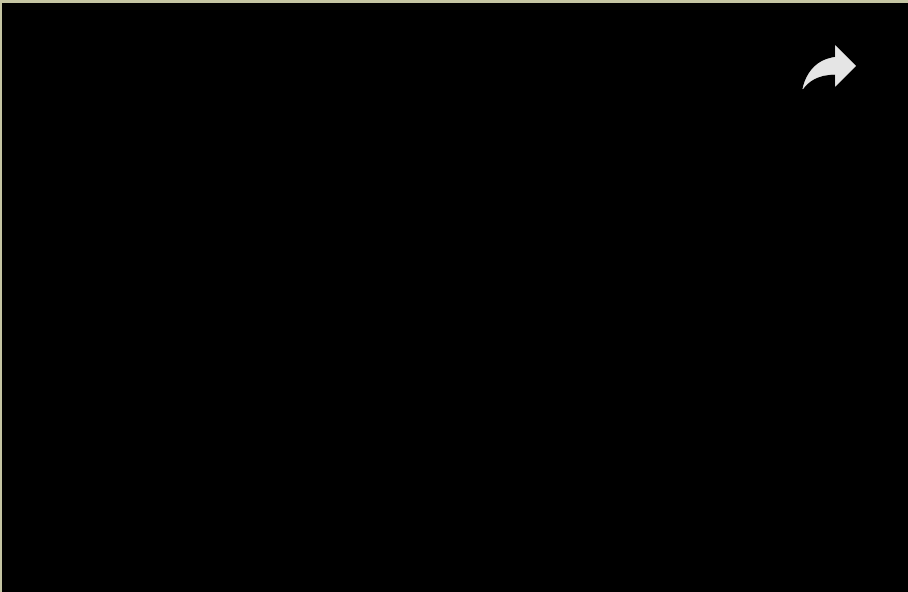
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