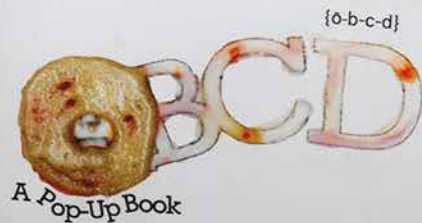


A B C D
E F G H
I J K L M
N O P Q
R S T U V
W X Y Z



A Pop-Up Book

The ABC's of our Unhealthy Diet

Sydney Richardson

A detailed anatomical illustration of a human torso in cross-section, showing the internal organs, including the stomach, liver, and intestines. The illustration is rendered in a realistic style with various colors representing different tissues and organs.

{o-b-c-d}



The ABC's of our Unhealthy Diet

Sydney Richardson

Chicken Press Books
Miami

I would like to dedicate this book to all those who
have helped the food revolution, by eating healthy.
Someday we will be reimbursed. Keep at it!
-Sydney Richardson



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just don't duplicate and we'll see you.
Published by Chelsea Press Books, located at OAKS
Pet's Office, and the author's house. First Edition 2010.

The Pet-Tip made in this book were made in Palo Alto.
"The Pet-Tip Book" by Paul Jackson.
The author is very grateful.

For more books from Chelsea Press Books,
contact the author, Sydney Richardson,
She'll hook you up.

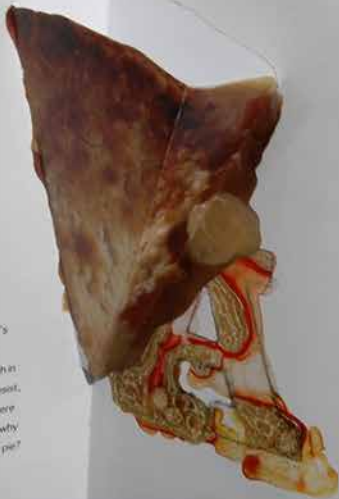
Distributed in Miami by Sydney Richardson
and Boulder Graphics Production, OAKS.

Introduction

This Book is an observation of the foods I've observed during lunch
and at popular restaurants, that just-so happen to be bad for our
health. Having too much of them can lead to health problems: diabetes,
high blood pressure, heart problems, and excess fat. Some of the
foods included are served by Miami-Dade's finest Lunch Ladies (not
limited to the rest of the country), and have contributed to the rise
of obese children in today's society. I ask you to take knowledge from
this information, and to pay attention to the colors of the food: what's
in excess and what there isn't enough of. Pass this information on to
you friends, relatives, and acquaintances.

Apple Pie

Yummm... Especially McDonald's Apple Pie. They're good every Thanksgiving dinner, but are high in calories and sugar. It's hard to resist, but eating it rarely is enough. There are other desserts out there! Or why not just eat an apple without the pie?



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Burgers

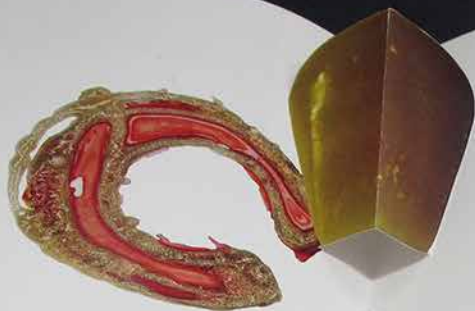
The All-American Favorite. They're popularity skyrocketed with the rise of McDonald's in 1947; yet the price managed to stay at an affordable low cost- fewer than five dollars! How is this possible? Have you ever made a homemade burger with less than five dollars? Through the ages, meat companies have become greeder in compensation to your health. The Jungle and The USDA didn't stop them. Burgers are high in fat and calories. Topped off with some different colors: lettuce, tomatoes, and onions, but it's hard to resist the condiments.



High Fructose Corn Syrup
MSG
Xanthan Gum
and more...

Corn By-Products

As one of the more starchy and sweet vegetables, scientists have manipulated and modified corn into many different products that are worse than corn itself. High fructose corn syrup, dextrose, corn starch, and xanthan gum among others. High fructose corn syrup is probably the most popular and most harmful: it suppresses the feeling of fullness, resulting in over-eating. Watch out.



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High Fructose Corn Syrup

Dextrose

MSG

Xanthan Gum

and more...



Donuts

Donuts are fried dough, topped with glaze or frosting, with no health benefits, donuts ultimately turn into fat in your body. No help to that forming gut! So don't step into the red, blinking Krispy-Cream Light! Stay away from the light!



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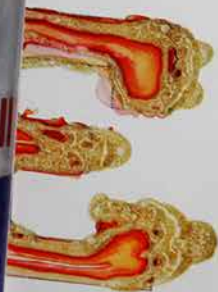


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Energy Drinks

Energy Drinks are high in sugar, caffeine, taurine, and guarana. They make your heart pump at dangerously high levels that ends with a crash. They're not bad in moderation, just be conscious of the side effects.



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French Toast Sticks

French Toast Sticks are among the most favored and enjoyed breakfast item in Miami-Dade Public Schools. The margarine butter stays on your fingers long after the sticks are gone, and one must ponder whether they are made like normal French toast at all. Compare it to how your mother or grandmother makes you French toast: are they as greasy? Tasteless without syrup?



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Gummy Bears

Gummy bears are nothing but high fructose corn syrup and artificial flavors. Delicious and highly addictive. Are you ever sad when they're gone?



Gummy Bears

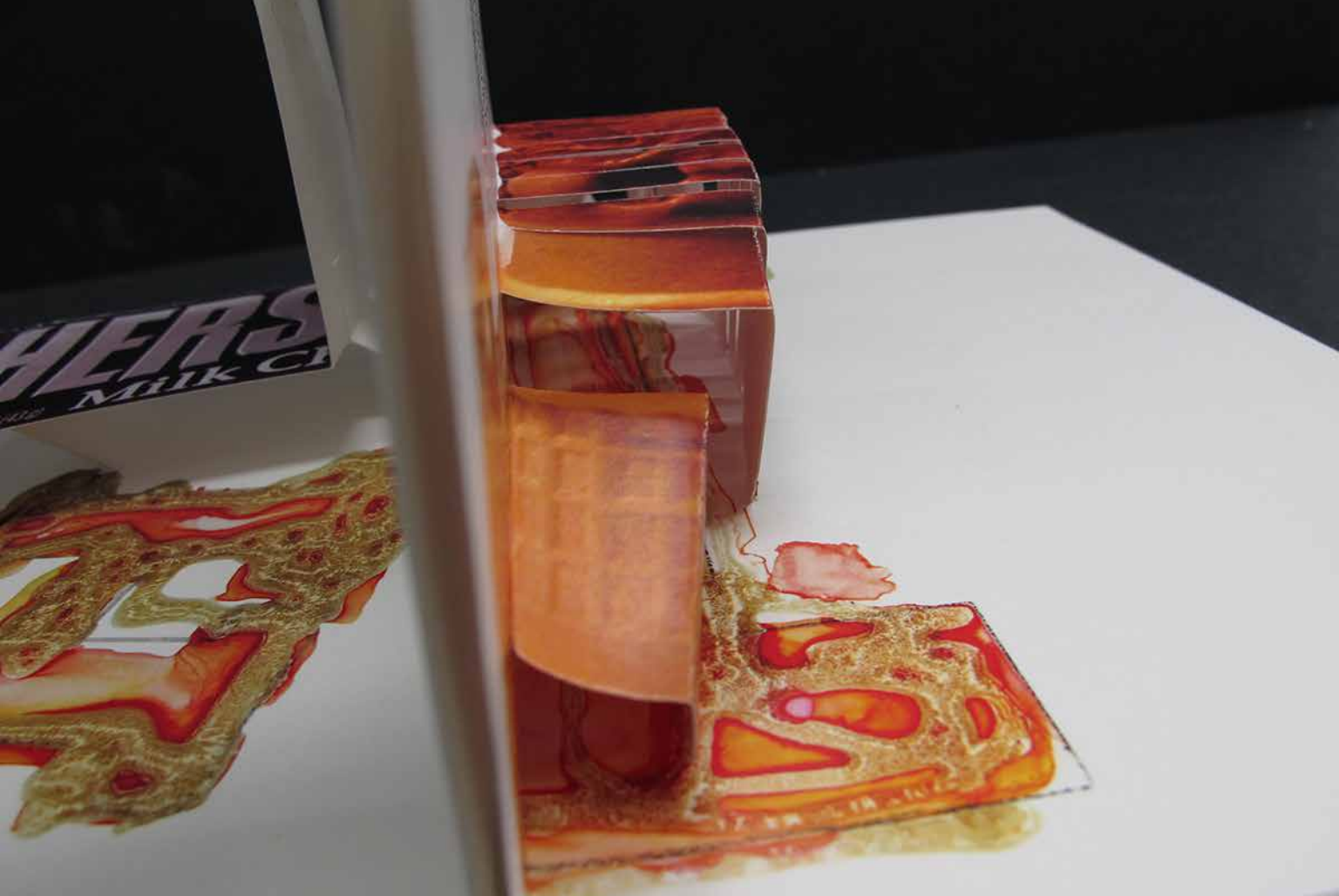
Gummy bears are not very hot, high
fruit, keep a cool eye on and no threat
flavors. The delicious and highly addictive,
Are you ever sad when they're gone?





Hershey's Chocolate

Chocolate bars, well these days, there's hardly any actual cocoa! A mere 4-10% of the bar is actually cocoa. The new main ingredient: Sugar. The rest is milk fat and artificial flavors. Beware of chocolate's friends: Milkshakes, Cookies, S'mores, and Ice Cream!



Ice Cream

A lifelong favorite, oh how you crave thee, your knees buckle, your mouth waters, and your mind gets lost in thought, under the mention of ice cream. Unfortunately, it's high in fat. Especially saturated fat which is deadly to the body and only one serving (1/2 cup) is averaged at 50% daily value of saturated fat! Think about it...who really only eats a half cup of ice cream?



Ice Cream

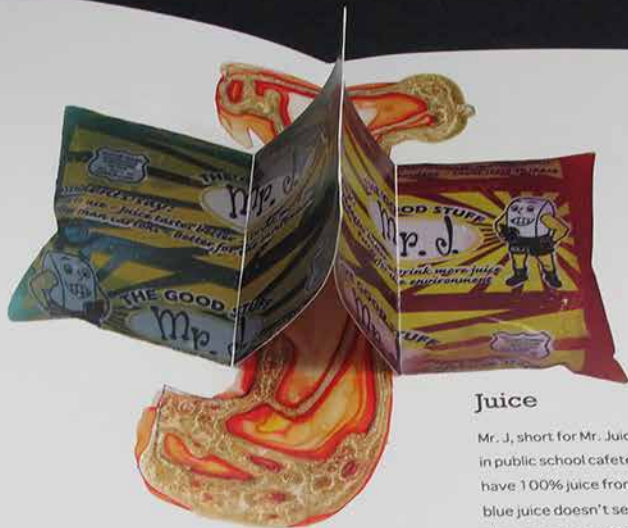
A greasy favorite, or how you crave this, your knees buckle, your mouth waters, and your mind gets lost in thought under the mention of ice cream. Unfortunately, it's high in fat. Especially saturated fat which is deadly to the body and only one serving (1/2 cup) is averaged at 60% daily value of saturated fat! Think about it, who really only eats a half cup of ice cream?





Juice

Mr. J, short for Mr. Juice, is served everyday in public school cafeterias. They claim to have 100% juice from concentrate, yet blue juice doesn't seem to occur in nature. The sugar and artificial colors are obviously there, so that students go back for more.



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Kool-Aid

OH-YEAH?! More like OH-NO!
Kool-Aid's first ingredient is fructose.
Next, glucose. It's a fruit just, yet
there's no real fruit in it! Cherry! Berry!
Orange! Grape! Watermelon! Apple!
All the flavor without the real deal!



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Lunchables

Lunchables are processed and packaged meats and cheeses. For the sake of preservation, the meats are high in fat and sodium. They lack protein and dietary fiber, the trans-fat levels are unknown. Who knows what continue to eat the cracker sandwich.



Lunchables

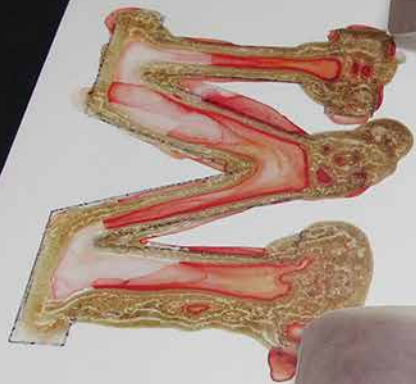
Lunchables are processed and packaged meats and cheeses. For the sake of preservation, the meats are high in fat and sodium. They lack protein and dietary fiber, the trans-fat levels are unknown. Who knows what's really in there? Yet we continue to eat the cracker sandwiches, juice, and candy.





Marshmallows

One regular sized marshmallow (7 grams) has no fat, no protein, no fiber. Only sugar. For that's what it's made of 6 grams of carbs and 22 calories. A few may not do any harm, but an excess amount could leave a mark. Beware of its friend the chocolate and graham cracker. Together they are Weapons of Mass Destruction, wreaking havoc on your body.



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