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The ABC's of our Unhealthy Diet

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Chicken Press Books  
Miami

# Introduction

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

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 your friends, relatives, and acquaintances.



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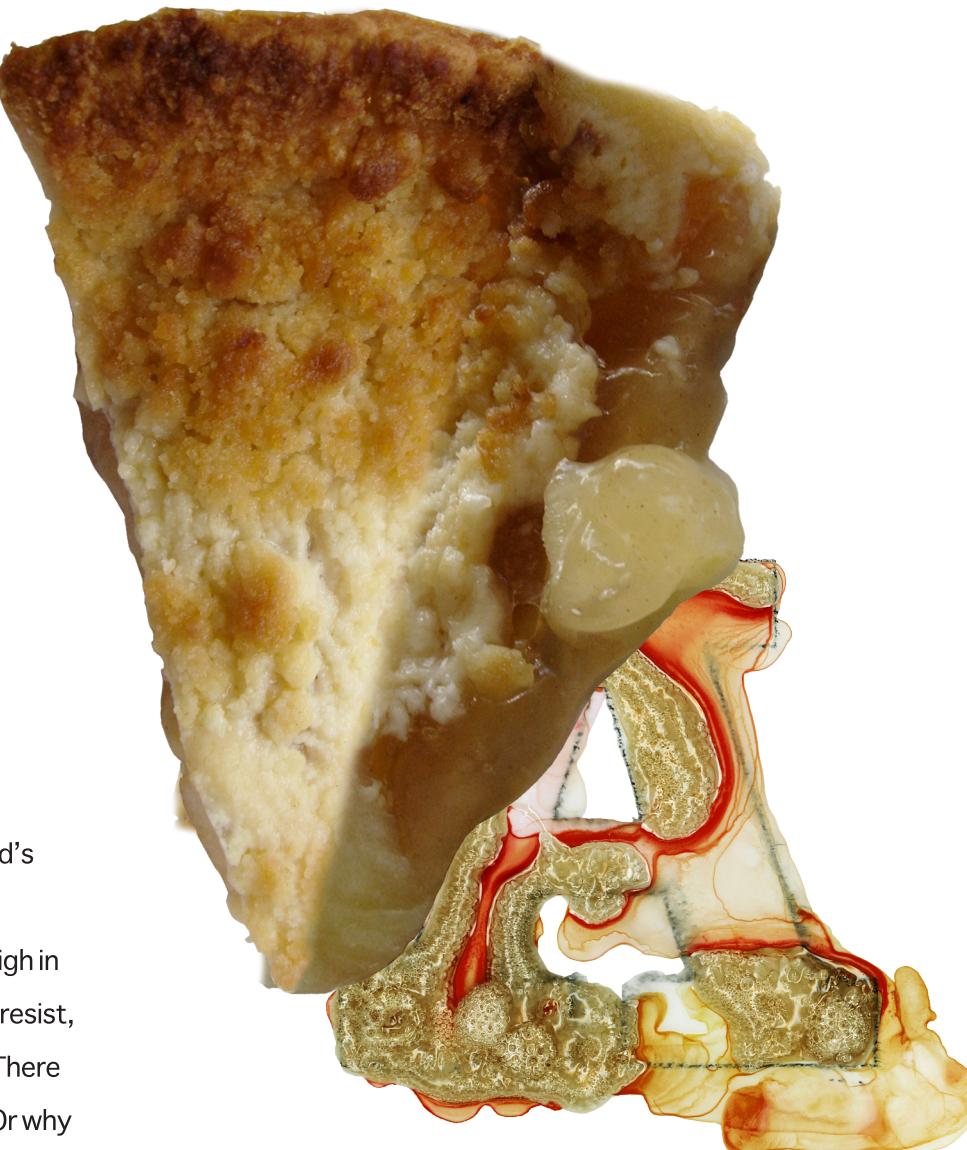
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## Apple Pie

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?

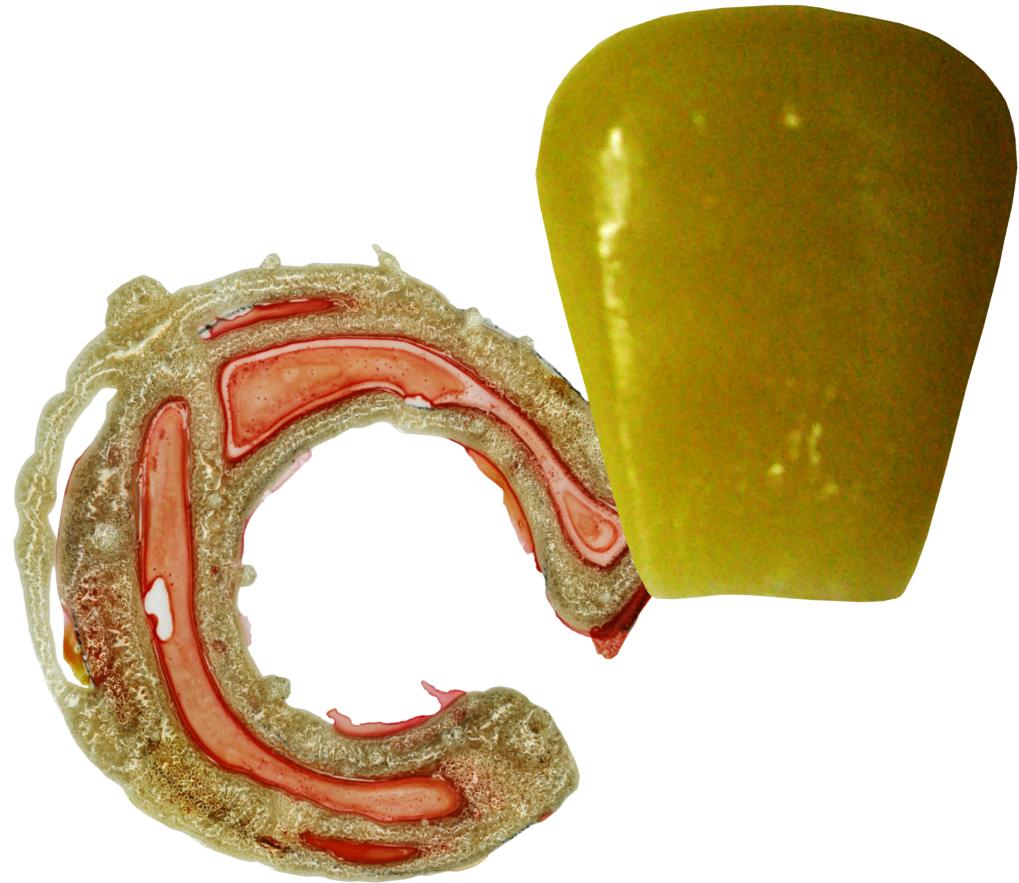




## Burgers



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 greedier 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

Dextrose

Corn Starch

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.

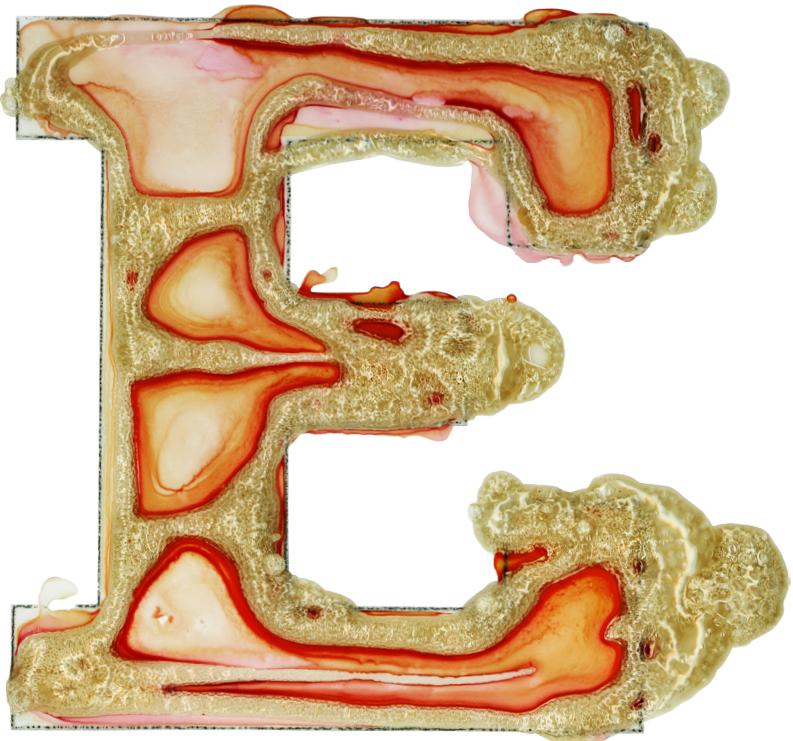


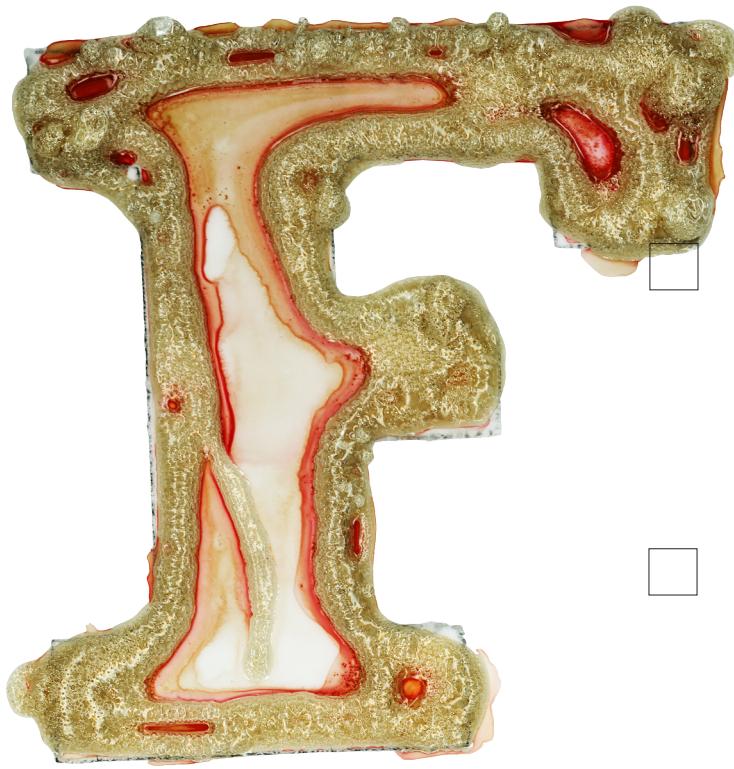
## Donuts

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!

## 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.





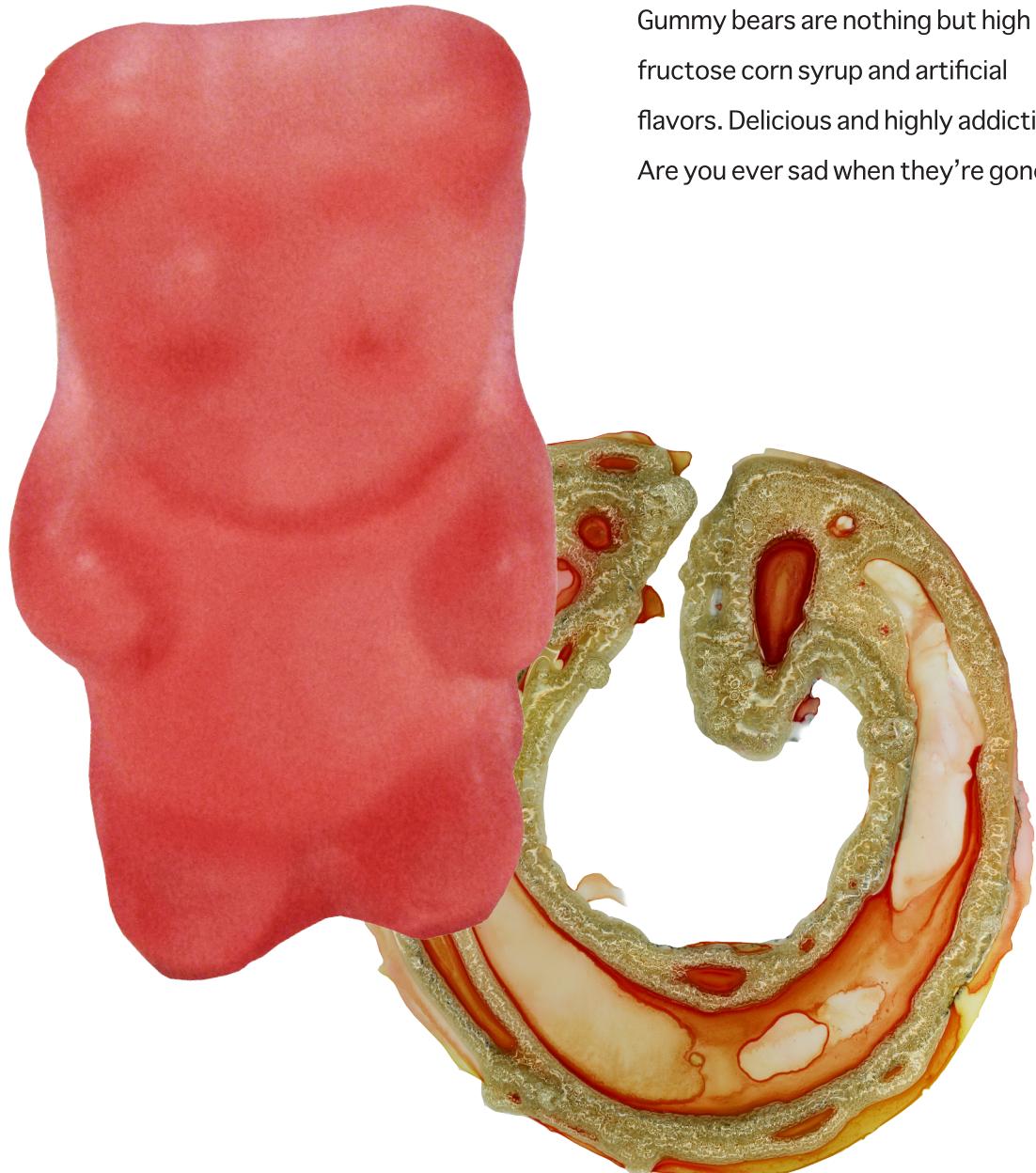
## French Toast Sticks

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?

## 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?





## 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**

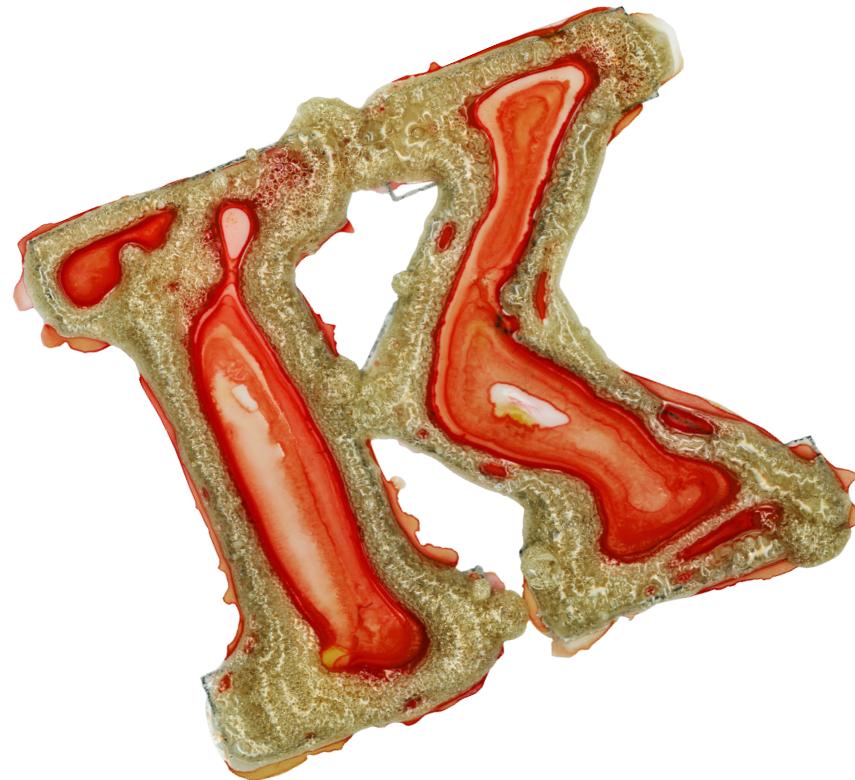
A lifelong favorite, oh how you crave thee, your knees buckle, your mouth waters, and your mind gets lost in thought, under the mention of ice cream. Unfortunately, it's high in fat. Especially saturated fat which is deadly to the body and only one serving (1/2 cup) is averaged at 50% daily value of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





## 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.



## 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!

## 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.



## Nachos

These little corn chips coated with oily cheese really do pack a punch: to thighs! Fat, sodium, cholesterol, carbohydrates, and sugar rule its bare existence.



## Onion Rings

Onion rings: Fried onions. The batter and oil that they're fried in creates a very high amount of fat and saturated fat.

## Pizza

Unless you eat the vegetarian pizza, these are killer. In Miami-Dade County Public Schools they serve pizza everyday, and twice on Fridays; you have no choice. White bread as the base, topped with oily cheese and meats. It's amazing how schools get away with this. Go through a lunch line one day, and look at the walls of the posters stressing healthy diets and balanced meals with daily fruits and vegetables, then look at what's being served.





## Quiznos

This is probably the healthiest meal in this book. Granted, it's still here! If you order the low fat, whole wheat bread, no condiment sandwich, your sub can be nutritious. However, it's here because of the sodium-enriched meats. They're packaged, sealed, and loaded with preservatives to keep it fresh, and who knows how they treat their animals! And again, can you make a sandwich with only \$4? Take into account ALL your toppings.

## Ravioli

Of all the school lunches, this meal is most questionable. The sauce always leaves behind an orangey residue around the rim of the white styrofoam tray: MSG (monosodium glutamate). The ground beef inside the pasta never seems to taste right, and always has a chewy texture.



## Sodas

Sodas are bone quenchers. They steal the calcium from one's bones, never return it, and sell it to a pawn shop. Unless it's kosher, it is more than likely sweetened with high fructose corn syrup. It is also colored and flavored artificially. It's a catalyst to osteoporosis, and starts you on the path of excess weight. Observe: orange juice is more expensive than a liter of soda! Soda companies use these ingredients to make it cheaper for you, and more money for them.



## Tacos

One's impression of a loaded taco isn't as strong as soda. It just has many calories, fat, and sodium.

On the other hand, it is balanced: you have a vegetable, protein, and calcium. However, there are plenty of saturated fats- almost as much as ice cream.

Again, it depends where and how this taco was made. Taco Bell is most certainly is not the way to go.



## Upside-Down Cake

Just like other desserts, upside down cakes are mostly carbs, and can lead to the formation of cellulite. Eat in moderation, like any other sweet.



## The Vending Machine

Are you often stuck in front of a vending machine, mesmerized by the dark abyss of its packaged goodness? Does the barrier between you and the chips drive you crazy? Your main goal was to get the Cheese-It's, but you somehow ended up with Oreos? Soda? Ice cream? We've all been there. You see, ol' Vendy has the upper-hand: she permits you from seeing the Nutrition facts and ingredients! It's the best prank food companies have played on us. Yet we continue to fall for it. Call 1-888-ADMIT IT, and don't take your anger out on the machine.





## White Bread

Empty calories. No fiber, no nutritional value whatsoever. And they serve it every morning at public schools, with liquid butter-gunk. Long story short: white bread is basically sugar in your body. It's hard to work off the fat that you've gained from its poison, and as you age, there's no guarantee it'll all come off. You're better off switching to whole wheat or whole grain today.

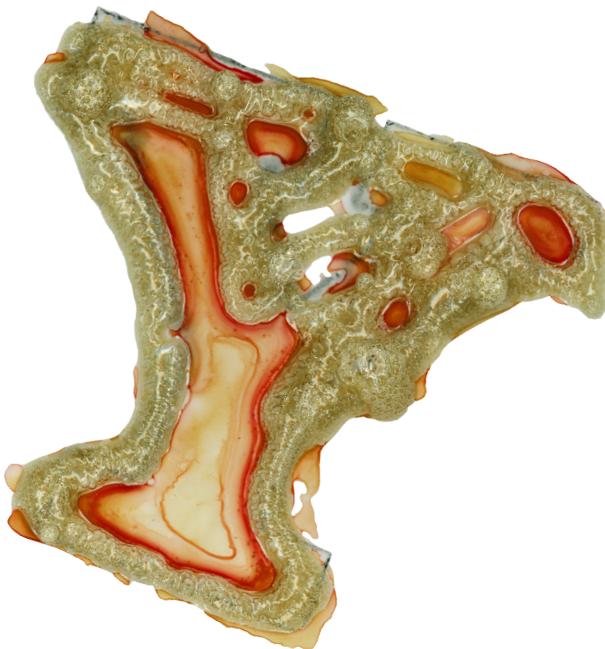
## Xanthan Gum

Ever heard of it? Read it on a list of ingredients? Wanted to know what it was? Well it's a thickener, used to up the viscosity in ice cream, soups, soy based products, and is also a gluten substitute. It is derived from corn and is known as a food additive. Its health effects are as of yet still unknown, but most likely won't be beneficiary to your health



## **Yoo-Hoo Chocolate Milk**

Yoo-Hoo has all the unhealthy ingredients in one cardboard container: High fructose corn syrup, partially hydrogenated oils, xanthan gum, and artificial flavor/colors. If a five-year-old can make this with two ingredients, what's the point of drinking all these chemicals?



The word "ZERO" is spelled out in three-dimensional, textured letters. The letters are primarily yellow and white, resembling frosting or candy. The 'Z' has a small red heart on it. The 'E' has a small red star. The 'R' has a small red heart.

## Zero

Just because it says “Fat-Free” or “no sugar added” doesn’t mean it is true. One must understand why it’s fat-free, and if there’s no sugar, is it still sweet? Did the engineers of this product add something to make it fat free? Did they sweeten it with an artificial sweetener? Read labels carefully!

**Calories**

**Fat**

**Carbohydrates**

**Sugar**





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