Tips for Acting Boldly to Change Diet and Exercise for Kids

We need to teach our children to eat real food. No fast foods. No junk foods. No processed foods. Just honest, nutritious, real food.

Food Additives & Hyperactivity in Children

- 89% affected by Artificial Colors
- 71% affected by Artificial Flavors
- 71% affected by Preservatives
- 59% affected by MSG

H.A.C.O.G. Database at Surrey University, UK
First Break Your Bad Habits so you can set a very good example for your kids

Start habits at a young age

It takes 21 days. 21 days of healthy eating and working out and it will become a habit.

Then Educate them about their Bodies, Society and the Environment

"if you do not buy it you can’t eat it"

When educating the minds of our youth, we must not forget to educate their hearts.

- Dalai Lama

Let food be thy medicine and medicine be thy food.

- Hippocrates
Getting Kids to Eat Their Veggies: A New Approach to an Age-Old Problem

Every parent has a different strategy for trying to get his or her kid to eat more vegetables, from growing vegetables together as a family to banning treats until the dinner plate is clean. New research suggests that teaching young children an overarching, conceptual framework for nutrition may do the trick.

Want your kids to eat more vegetables? Talk to them about nutrition: study

After three months of regularly talking to kids about why different foods are good for them, the children chose to eat twice as many vegetables at mealtimes as they had previously, a Stanford study found.

A new Stanford University study finds that teaching kids about nutrition boosts their desire to eat more vegetables.

Doh! You Can’t Eat It If You Don’t Buy It

The Zen of Real Food: Keeping Eating Simple

Why Has Eating Become So Difficult?

How To Simplify Eating

Implementing It In Daily Life

“Yeah, Yeah, Yeah...But WHAT Should I Eat?”

And Finally, Enjoy Life

Study: Obese Children Will Have 50% Higher Risk of Colon Cancer

50 water recipes for healthy drink
The new findings, published in *Psychological Science*, a journal of the Association for Psychological Science, show that a conceptual framework encourages children to understand why eating a variety of foods is ideal and also causes them to eat more vegetables by choice. Psychological scientists Sarah Gripshover and Ellen Markman of Stanford University hypothesized that preschoolers would be capable of understanding a more conceptual approach to nutrition, despite their young age.

“Children have natural curiosity — they want to understand why and how things work,” the researchers explain. “Of course we need to simplify materials for young children, but oversimplification robs children of the opportunity to learn and advance their thinking.” Gripshover and Markman developed five storybooks aimed at revising and elaborating on what children already know about different nutrition-related themes, including dietary variety, digestion, food categories, microscopic nutrients, and nutrients as fuel for biological functions.

The researchers assigned some preschool classrooms to read nutrition books during snack time for about 3 months, while other classrooms were assigned to conduct snack time as usual. Later, the preschoolers were asked questions about nutrition. The children who had been read the nutrition books were more likely to understand that food had nutrients, and that different kinds of nutrients were important for various bodily functions (even functions that weren’t mentioned in the books). They were also more knowledgeable about digestive processes, understanding, for example, that the stomach breaks down food and blood carries nutrients. These children also more than doubled their voluntary intake of vegetables during snack time after the three-month intervention, whereas the amount that the control group ate stayed about the same.

When the conceptual program was pitted against a more conventional teaching strategy focused on the enjoyment of healthy eating and trying new foods, the results showed that both interventions led to increased vegetable consumption. Yet, the children in the conceptual program showed more knowledge about nutrition and a greater overall increase in vegetable consumption.

Further research is needed to determine whether the conceptual intervention encourages healthy eating habits outside of snack time and whether it’s effective over the long-term, but Gripshover and Markman believe that the intervention shows promise.

“In the future, our conceptually-based educational materials could be combined with behaviorally-focused nutrition interventions with the hope of boosting healthy eating more than either technique alone,” they conclude.

*All it takes is just 3 to 4 weeks to reset the bad habit to a good habit. It seems that new things do not taste good, but that is just habit. After just 21 days your taste buds will reset and you*
will learn to hate the foods you once loved and love Natural fruits and veg.
Excellence is a Habit

Breakfast 7:00 AM
Example: 3 egg whites & 1 yolk omelette with Veggies and 1/2 a fruit
Excellent source of protein, helps maintain/gain lean body mass + Low Glycemic Carbs for energy
Proteins are essential for the repair and growth of tissues.
Break your Fast within an hour of waking up

Snack 9:30 AM
Example: Plain Greek Yogurt, topped with Berries + a dozen mixed nuts
Sustain energy & maintain Protein intake. Ideal combination of probiotics, B vitamins, anti-oxidants, healthy fats, fiber and protein.

Lunch 12:00 PM
Example: Chicken Breast, Quinoa & Mixed Veggies
The breast is the leanest part of the chicken and a great source of protein.
Quinoa is a gluten free grain that contain more protein than any other grain or rice.

Pre-Workout 3:30 PM
Example: Almond Butter smeared on a Whole Grain Toast + Banana splices
Bananas are rich in potassium and B6 which aid in the manufacturing of amino acids, the building blocks of proteins. Nut butter & bananas are notorious for providing long lasting energy.
60-90 minutes before training for adequate digestion and absorption

Post-Workout 6:00 PM
Example: Whey Protein Smoothie
Optimize your efforts with fast absorbing protein- Whey or Eggs are ideal.
The vitamins & minerals in fruits contribute to a faster post-workout recovery.

Dinner 7:00 PM
Example: Salmon & Mixed Veggies
The different colors in vegetables (and fruits) correspond to different combinations of nutrients. For optimal health, eat a colorful variety every day.
Salmons are nutritional powerhouse. Rich in high quality protein & large amount of omega-3 oils which reduce inflammation and provide a nutritional foundation for optimal heart, brain, mental, visual & immune system.

Late Snack 9:00 PM
Example: Roast Turkey Breast Slice & 1/5 Chopped Avocado
Slow digesting protein such as turkey, and chicken curb the break down of muscle during sleep by providing a steady release of amino acids. Healthy fats such as avocados and almonds help slow digestion further & extending the drip-feed of protein.

Use your hands as a simple way to measure a single serving
One palm for meat
Two palms for vegetables

VINCHAY Labs

via tapo@vinchay35.com
How to use psychology to talk to your children about nutrition

by NAVIEN AGARWAL

in HELPFUL TIPS

This is a guest post by Allison Gamble, who has been a curious student of psychology since high school. She brings her understanding of the mind to work in the weird world of internet marketing, and is still trying to teach herself not to clean her plate.

Food and nutrition are difficult subjects for adults, and even more so for kids. A child’s taste preferences are influenced by outside sources almost from birth, so it doesn’t take a psychology degree to realize that it’s necessary for parents to guide them in making healthy food choices.

Clearly, your kids don’t think about nutrition the way you do, so you need to look at things from their perspective in order to avoid common pitfalls in the emotional realm of food and eating.
Kids and Healthy Eating Habits

Kids begin to develop preferences for food at a very young age. If you want your kids to grow up eating a variety of foods, aim to give them a number of options as these preferences develop. As they get older, encourage them to choose different kinds of healthful, whole foods like fruits, vegetables, and whole grains.

Even if you make many wholesome foods available, chances are your kids will want something sweet from time to time. Instead of slapping a label of “bad” or “unhealthy” on desserts and treats that will turn these foods into guilty pleasures, allow your children to eat them in reasonable portions. If they ask why they can’t have more, use their questions as an opportunity to talk about how different foods affect the body. Your kids will probably notice that they feel better after eating fruits and vegetables than after candy or cake, and helping them to understand why goes a long way towards giving them the tools to make good food choices in the future.

Above all, be a positive role model for your kids. If you’re constantly hung up on calories, fat content, carbs or weight, your kids will be too. Remember that kids are extremely observant and will often do what they see you doing, regardless of what you say.

The Many Faces of Food

For kids and adults alike, food is more than just physical nourishment. Advertisers work hard to target kids by using specific situations, emotions, and ideas to convince youngsters that eating a certain food will yield a positive result. Unfortunately, parents can be just as much at fault when it comes to attaching emotion to food. Saying things like, “You can’t have cake until you finish your vegetables,” or “If you’re good today, we’ll go get ice cream,” sets kids up to think of food in terms of reward or punishment instead of health and nutrition.

Odds are, your kids know how to listen to their bodies much better than you do. Young children haven’t yet been exposed to societal pressures that make adults fixate on food choices. Kids naturally eat when they’re hungry and stop when they’re full, an instinct that’s important to honor. Forcing kids to clean their plates when they’re not hungry or don’t feel well leads to the feeling that they must eat even if they don’t want to, undermining the natural cycle of hunger and fullness. Don’t worry if your child doesn’t eat very much one day or decides he’s not hungry. Instead, let the matter drop and go do something else he enjoys. When he’s ready to eat, he’ll let you know.

Teaching kids to make healthy food choices is as much a matter of showing as it is of telling. Giving kids a positive perspective through discussion and being a good role model leads to intelligent choices based
on facts about nutrition rather than perceived ideas of good and bad. Kids know how to listen to their bodies, so as a parent, all you have to do is nurture that natural instinct.

In summary

- Encourage your children towards healthful, whole foods.
- Don’t turn desserts and treats into guilty pleasures or rewards.
- Be a positive role model
- Let your child eat intuitively. They’ll eat when they get hungry. Don’t force it.

Make your natural food funny + cool to eat

Smiley Faces May Be The Key To Fighting Childhood Obesity JAMES BRAZIL on April 28, 2015 at 8:54 pm New research suggests that something as simple as introducing smiley faces or adding small prizes for buying a healthy item can prompt kids to ask for such foods and be happy to eat
them, according to a Times of India report. Robert Siegel, the studies author and medical director of the Center for Better Health and Nutrition of the Heart Institute at Cincinnati Children’s Hospital Medical Center, said that the study is “very promising.” It looks like we found a very promising, low-cost and effective way of improving the nutrition of elementary school children (…) this type of program may be a useful component in schools trying to improve the nutrition and health of their students. According to a report by Science Daily, the study was a two-phase intervention to improve healthful eating among kindergarten through sixth-grade students at an inner-city school in Cincinnati. The first phase consisted of placing green smiley face emoticons by the most nutritious foods in the school cafeteria, including fruits, vegetables, plain white fat-free milk and an entrée with whole grains. Three months later, researchers introduced the concept of a “Power Plate,” which consisted of the four healthy foods. Children who selected a Power Plate could receive a small prize, such as a sticker, temporary tattoo or mini beach ball. Prizes were given out at various times during the intervention if researchers saw a student with the four healthy foods/beverage. Cash register receipts were used to measure differences in the purchase of healthy foods from baseline to the end of the five-month intervention. Results from the study showed plain milk purchases increased from 7.4 percent to 48 percent of total milk sales — a 549 percent increase. Meanwhile, chocolate milk selection decreased from 86.5 percent to 44.6 percent of total milk sales. The total amount of milk purchased remained constant from baseline to the end of the study. In addition, fruit selection increased by 20 percent from 1 to 1.2 items per student per day, and vegetable selection rose by 62 percent from 0.74 to 1.2 items per student per day. Power Plate selection increased 335 percent from baseline.
purchasing a wholesome merchandise can immediate youngsters to ask for such meals and be blissful to eat them, in line with a Instances of India report. Robert Siegel, the research creator and medical director of the Heart for Higher Well being and Diet of the Coronary heart Institute at Cincinnati Youngsters’s Hospital Medical Heart, stated that the research is “very promising.”

In keeping with a report by Science Each day, the examine was a two-phase intervention to enhance healthful consuming amongst kindergarten by way of sixth-grade college students at an inner-city faculty in Cincinnati. The primary part consisted of inserting inexperienced smiley face emoticons by essentially the most nutritious meals within the faculty cafeteria, together with fruits, greens, plain white fat-free milk and an entrée with entire grains. Three months later, researchers launched the idea of a “Energy Plate,” which consisted of the 4 wholesome meals.

Youngsters who chosen a Energy Plate might obtain a small prize, comparable to a sticker, non permanent tattoo or mini seashore ball. Prizes got out at varied occasions throughout the intervention if researchers noticed a pupil with the 4 wholesome meals/beverage. Money register receipts had been used to measure variations within the buy of wholesome meals from baseline to the tip of the five-month intervention. Outcomes from the research confirmed plain milk purchases elevated from 7.4 p.c to 48 % of whole milk gross sales — a 549 p.c enhance. In the meantime, chocolate milk choice decreased from 86.5 % to 44.6 % of whole milk gross sales. The entire quantity of milk bought remained fixed from baseline to the top of the research.

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TEACH YOUR CHILDREN BY EXAMPLE, LAUGHTER, SHARING, CARING, WITH LOGICAL EDUCATION AND OF COURSE MOST IMPORTANT OF ALL – LOVE –.
Once your little one reaches toddlerhood, he or she will often become a picky eater, a food-snob stint that should fade by age 5.

Why do kids become picky eaters?

One second, they are putting anything and everything into their mouths. The next, they are turning their noses up at even their most previously cherished snacks. Where did this pint-sized food snob come from?

Blame evolution.

Starting at around 4 to 6 months old, children become very open to new experiences and will try most any food, said Lucy Cooke of the University College London, who specializes in the development of childhood eating habits.

Evolutionarily speaking, this makes sense, the British researcher said. "In theory, everything being offered (an immobile baby) is being offered by their mum or other caregiver and should be safe."

But the baby who loved mushrooms may suddenly hate them (and most other vegetables) once he can get around well. "It is an in-built safety mechanism," Cooke told LiveScience, which likely kept many cave-toddlers alive as they stumbled across potentially poisonous items solo.
A normal part of development, **picky eating**, if handled well, gradually starts to disappear after the age of 5 for most children, Cooke said. "And there is a lot parents can do to help the process along."

**The dos**

Studies, in both laboratories and natural settings, have shown that the more children are exposed to a food, the more likely they are to like it. For kids, critiquing food is simple: Familiar equals delicious.

Cooke recommends using the window between 4 months and 2 years old to expose children to as many different foods as possible. That way, when the pickiness of toddlerhood sets in, they are retracting from a larger repertoire.

Another trick Cooke refers to as the "magic 10." Many parents give up on a food, assuming their kid hates, say, peas after offering it only two or three times, she said, "but nothing happens to the child's acceptance until they've tried it at least 10 times."

"Children will take an interest in food when their parents do," said Ellyn Satter, a registered dietician, a family therapist and author of "Secrets of Feeding a Healthy Family" (Kelcy Press, 2008). Making food-related activities a family affair – including cooking, grocery shopping, or visiting a farm or orchard together – can help kids learn to appreciate, and maybe even try, new foods.

**The don'ts**

Some common "feeding errors" can exacerbate a child's natural pickiness, Satter told LiveScience.

The big no-no is pressuring a child to eat. If a child makes a face or turns her head away from a new food, don't force it. Don't even comment on it, Satter said. Just try again another day.

"If the parents make a fuss, she'll become more finicky," she said.

Offering food rewards, such as "you can have some ice cream if you finish your broccoli," is also a bad idea. Not only does it further raise the status of dessert-like foods (something most kids have no trouble gobbling up), bribes also imply that the food they are being begged to eat must be really bad, Cooke said.

Perhaps instead promise them broccoli if, and only if, they finish their ice cream, Cooke joked.

Tricking a child into eating a hated vegetable by hiding it in a sauce or, worse, a dessert – yes, people make spinach brownies – may not be harmful, but it does little good. "While it gets the vegetable down the child's neck, it is not ideal in teaching a child to enjoy new things," Cooke said.
Becoming a short-order cook, catering to the whims of a child's appetite, is another trap to avoid. "Handing over too much control to a child is not helping her," Cooke said, explaining kids need guidance on how to eat.

In particular, a child should not be taught she needs special kid food. Instead, Satter said, "the child is invited to join in on the parent's meal," where the work of being a family – checking in on one another, helping each other – is carried out over shared food.

If a youngster has trouble staying up until his parent's dinnertime, Satter advises extending, or instituting, an afternoon nap. Cooke, suggesting this is impossible for some, says everyone should at least be eating the same food, if not at the same time. By 2 years old, a child can eat everything an adult can eat, Cooke said.

**Divide the responsibility**

Many young children eat erratically: all carbs one day, proteins the next, and fruit on day three. When left alone, this tends to naturally work out to a balanced diet overall, scientists have found.

Kids also have an innate ability to judge their own satiety level. Consistently asking a child to clear his plate may override this ability and instead teach him to always eat everything in front of him – something that can be dangerous in today's dining world where portion sizes have become gargantuan, Cooke said.

So how can a parent teach life-long eating skills without interfering with healthy instincts?

"There is a division of responsibility in feeding children," Satter told LiveScience. "The parent does the what, when and where, and the child is responsible for how much and whether."

Satter recommends offering three meals a day, at a table (not on the go), plus sit-down snacks. The child should come to the table hungry enough to be interested in food, but not starving.

At meal times, there should be a selection of foods without it becoming a smorgasbord or buffet situation, she said, describing dinner as one main dish, bread, another starchy food, a fruit and a vegetable. The child then is exposed to everything at the table. Even if he only eats five pieces of bread one night, he has become more familiar with pork chops and carrots.

Being taught proper table behavior is also the parent's responsibility. For example, a child, especially a picky eater, should be taught to say "No, thank you," rather than "Yuck," when offered something they don't like, Satter explained.
She also suggests teaching picky eaters to use a napkin to spit something into if they don't like it, as having a socially acceptable escape route can make it feel safer to try new things.

When to worry

Unless a kid's diet consists *entirely* of starches, it's probably okay, said Cooke. Many of the vitamins in vegetables can be obtained from fruit, for example. In general, "children will not starve themselves," Cooke said, although it can happen in extreme cases.

"I am far more interested in the child's behavior (at the dinner table), than what he or she eats," Satter said.

If meal times are unpleasant or a child seems truly frightened of new food, these can be indicators that feeding is not going well. In these cases, Satter recommends that parents pay extra attention to the "division of responsibility," agonize less over what the child eats (or does not), and focus on their own eating behavior.

You can't expect your kid to like vegetables, if you don't like vegetables, Cooke concurred. "Setting an example is a massively powerful thing."
Want your kids to eat more vegetables? Talk to them about nutrition: study

After three months of regularly talking to kids about why different foods are good for them, the children chose to eat twice as many vegetables at mealtimes as they had previously, a Stanford study found.

A new Stanford University study finds that teaching kids about nutrition boosts their desire to eat more vegetables.

What's the best way to get your kid to eat more vegetables? Smother the broccoli in sauce, cut cucumbers into fun shapes, or ban dessert until they've eaten their spinach? A new study reveals what could be the best approach -- simply teach them about nutrition.

Scientists from Stanford University have found that even very young children can benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said. The result: kids eat more vegetables by choice.

"Children have natural curiosity -- they want to understand why and how things work," the researchers explained. "Of course we need to simplify materials for young children, but oversimplification robs children of the opportunity to learn and advance their thinking."
Researchers Sarah Gripshover and Ellen Markman developed five storybooks aimed at revising what children already know about various nutrition-related themes, such as dietary variety, digestion, food groups, and nutrients.

In a study involving more than 160 children between the ages of four and five, the researchers assigned some preschool classrooms to read nutrition books during snack time for about three months, while other classrooms were assigned to conduct snack time as usual. Later, the children were asked questions about nutrition.

Findings showed that the children who had been read the nutrition books were more likely to understand that food had nutrients, and that different kinds of nutrients were important for various bodily functions (even functions that weren't mentioned in the books), the researchers said. They were also more knowledgeable about digestive processes, understanding, for example, that the stomach breaks down food and blood carries nutrients.

These children also more than doubled their voluntary intake of vegetables during snack time after the three-month intervention, whereas the amount that the control group ate stayed about the same.

Further research is needed to determine whether the conceptual intervention encourages healthy eating habits outside of snack time and whether it's effective over the long-term, the researchers said.

The study, announced July 1, appears online in the journal Psychological Science.

A separate 2010 conducted by researchers from Penn State found that increasing the amount of vegetables in the first course of preschool lunch could be a clever way to get children to eat more vegetables.
children who eat as few as three hotdogs a week had 10 to 12 times higher rates of leukemia and brain tumors.

They are chemically treated, dyed and preserved. They have nitrates and nitrosamines.

"It's not a requirement to eat animals, we just choose to do it, so it becomes a moral choice and one that is having a huge impact on the planet, using up resources and destroying the biosphere."

- James Cameron.
Food just doesn’t show up on your plate. You don’t just open up your Food Trap, and BAM! …in flies the food. *(oh, how I wish)*

Sure, there are situations where someone else may do the grocery shopping or take-out buying or plate fixing, but since you’re all grown up ‘n stuff, there’s a good chance you’re mostly in control of the food that mysteriously appears in front of your eyeballs.

So how do you start taking evasive militia moves to thwart the evil call of the cheeseburger and the cookies and the pie. (no wait, I want the pie)

DON'T BUY IT!

Here’s the thing: before the food actually gets into your mouth, there are several decision-making actions that must take place beforehand. Without these actions, the food can’t get in your mouth.

Let’s the explore the scientific Yum Yucky data on how a tub-O ice cream gets into your mouth:

**Tub-O Ice Cream Scenario**

- 1) You drive to the store.
- 2) You go straight past the carrots and broccoli.
- 3) You cartwheel down the ice cream aisle because that’s extra exciting.
- 4) You don’t keep it moving. Instead, you stop to browse the flavors.
- 5) The flavor is picked so now you checkout to pay for it.
6) You take it home.
See that! You had SIX chances to walk away and NOT buy the ice cream. I’m not trying to pound in guilt here – this is just a reality check. So now that Mr. Tub-O Ice Cream is in your house and whispering hungry pleasures to your stomach, the temptation just increased to 10,000 times greater. Now it’s harder to say no. Dammit!

**You can’t eat what you don’t buy.**
And it’s no fair to your body to use the "but it was on sale and I had a coupon" excuse. It’s better to boast about a non-edible deal at mycouponcodes.com than to eat something just because it was on sale with a food coupon. Gah! (I’ve done that lots in the past)

Each of these steps was an action, and at any point, there was the opportunity to not complete that action.

I stopped bringing sweet treats to work. You know, that after lunch sweet snack, however small, that we all deserve so very much. It was hard at first. Excruciating, actually. But after that first week, the sweet snack I felt I deserved so very much was an afterthought. And by the weekend, after realizing that I hadn’t chewed on any sweets during the week, it made the euphoria of a gnawing on a big-azz slice of cake all the more satisfying...

...okay, okay. I had 2 slices. Sheesh!

**So how about it? We can take this “not buying” thing real slow. I’m not asking for cold turkey abstaining, here. What fattening foods will you stop buying so frequently to keep it from going in your food trap so often?**

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**The Zen of Real Food:**
**Keeping Eating Simple**

I have been a big fan of Zen Habits site for quite some time. As I embarked on my own journey of simplifying life and putting things in perspective, I found this site to be a big motivator. Today is an opportunity for me to give back in an area that I have immersed myself in for about five years now: how to eat and why.

A few weeks back, Leo posted a link to one of my favorite posts, Nutrition 101: The One Rule To Remember. I don’t want to rehash everything that was in that post, but I will include what I think is the most useful part further down. My goal today is to see how it
Why Has Eating Become So Difficult?

Along with sleep, what you eat is likely the biggest determinant of how healthy you are. Not exercise. Not supplements. Sleep and nutrition. We’re not here today to discuss sleep, but you probably need more of it, so go to bed...after you finish reading this and leaving a comment. Moving along now, the real question is: why is it so hard to figure out what we should be eating? A wolf doesn’t have a problem figuring out what is a healthy diet. A bird knows exactly what it should be eating. What’s our problem?

I think the answer is that most of what we’re presented with isn’t Real Food. When I walk through the grocery, I see lots of (to quote Michael Pollan) “edible food-like substances,” but precious little “food”. We’ve been convinced that the foods Nature has provided us are inadequate and need tweaking. We steer clear of fat, demonize carbs, and dissect food, then put it back together in unnatural ways, generally making sure that we never eat anything remotely resembling the foods our body recognizes.

Unfortunately, the laboratory has yet to outclass the foods that we evolved with. Couple that with our omnivorous ability to eat virtually anything and you have a recipe for confusion.

How To Simplify Eating

I really don’t think it’s all that difficult to figure out what to eat, however. It’s as simple as “Eat Real Food”. So what do I mean by Real Food? Simple...I mean foods that are in, or very near to, their natural state. Here’s a short list of guidelines to lead us to real foods:

- Food grows and dies. It isn’t created.
Food rots, wilts, and becomes generally unappetizing, typically rather quickly. 
Food doesn’t need an ingredient label (and probably isn’t in a package either).  
Food doesn’t have celebrity endorsements.  
Food doesn’t make health claims.  

If you apply this list to your food shopping, you’ll probably realize that much of what passes your lips doesn’t pass muster.  

**Implementing It In Daily Life**  
All that is well and good, but the real key is being able to take the above guidelines and put them to work in your life without making eating a chore. I don’t know how it is outside of the United States, but here, we’re in love with our microwaves and convenience foods. The quicker dinner can be served, the quicker we can get back to more important things, like American Idol and work.  

How can we eat unprocessed, unpackaged foods without spending our lives in the kitchen? There’s nothing ground-breaking about what I’m about to say. But as all of us at Zen Habits know, simplicity and the basics are what works best.  

**Cooking At Home**  
When it comes to healthy eating, you just can’t beat your own kitchen. In fact, I’ll guarantee that the more you cook at home, the healthier you will be. Obviously though, having healthy foods on hand is imperative. If the food isn’t there when you’re hungry, it’s unlikely you’re going to go much out of your way to get it. The same rule you’ve heard over and over again applies: keep vegetables, fruits, and nuts on hand and ready to eat. Further, keep the Twinkies, cinnamon rolls, ice cream, and cereal out of the house, except when you’re treating yourself. If it’s there, you will eat it. 
So quick access to the right foods is important, but boredom has killed the best laid dietary plans many more times. Food manufacturers have conditioned our taste buds to seek overly salty and sweet foods. It took me a long time to be able to enjoy the natural sweetness of a carrot. My eating pleasure really took a flying leap though when I figured out how to add flavor without sugar or salt. In a nutshell, *love your herbs and spices.* Find
five or seven or ten go-to spices, keep them on hand, and try combining them in novel ways. Branch out and try others.

Here are a few of my favorites: garlic, basil, cumin, ginger, black pepper. And I'm currently eating lots of sage and rosemary that I've been picking up at the farmer's market. The fun of learning to eat right is getting in the kitchen and seeing what new flavor combos you can create. I like cumin, soy sauce, and garlic together. What you come up with might be weird, but it's all yours. Oh sure, you're going to mess something up or create a meal that just ain't quite right, but Rome wasn't built in a day...or something like that.

And here's another aspect of cooking that seems to scare many people off: you don't have to be competing for the title of Iron Chef to cook delicious, healthy meals. In fact, most of what I cook are simple one-skillet meals where I sauté an onion and something green (kale, Swiss chard, broccoli, etc) with ground beef (or other meats, like chicken), throw in a load of whatever spices I have on hand, perhaps a touch of tamari, and get on with eating. It doesn't always have to be duck confit with a something-something reduction demi-glace.

**Shopping**

So *where* do you find all of this food? My favorite place is my friendly neighborhood farmer's market (and by “neighborhood,” I mean “across town, but worth the drive”) where I can find fresh, seasonal produce, typically for about 1/3 less than I'd spend at the grocery. So the food is both cheaper and fresher. What else? A bigger benefit is that you are unlikely to find much of temptation there as the farmers are selling fruits, vegetables, herbs, spices, raw cheeses, and grass-fed meats and eggs, not pies, cookies, and bagels. Real food from real farmers.

For me, a trip to the grocery is inevitable now and again though. For instance, I'm a big fan of olives and sardines, two items that just aren't available fresh here in Louisville, KY. The key to the grocery store is sticking to the perimeter. Think about what you see on the outside of the store...meat, eggs, produce, nuts; all foods that are incredibly healthy and unprocessed. About the only thing I can think of worth venturing into the

...
middle aisles for are things like the aforementioned olives and sardines, olive oil, vinegar, and things that you could make at home, but probably aren’t going to, like tomato sauce and coconut milk.

Resist the colorful packages with Spongebob Square Pants calling out to you. Resist the hottest celebrity flashing their tight body on the front of a package of Fritos. And reduce your marketing exposure by never exiting an aisle the same way you came into it. Once you enter, continue on through. It’s the second look that typically catches people and marketers know it.

**Eating Out**

Unfortunately, when dining out it’s more difficult to make sure you’re eating the right foods. You don’t know what kind of oils they’re using to cook. You don’t know what kind of seasonings are being added or in what quantities, though you can bet there’s a lot of salt. The food is probably not of the high quality that you demand in your own kitchen. You really don’t even know how fresh it is.

First, resign yourself to paying a bit of money to eat well when eating out. Restaurants with higher quality and better food tend to be more expensive. O’Charley’s costs more than McDonald’s. Ruth’s Chris Steakhouse costs more than O’Charley’s. There’s a reason for both of these things. It doesn’t mean you have to pay $40 a plate. It does mean that relatively speaking, higher priced restaurants will probably be nicer to your waistline (and the damage to your wallet might keep you eating at home more often).

Okay, so you’re at a decent restaurant and looking to make the right choices. Where to start? First, keep the munchies out of sight. It’s perfectly acceptable to ask the server to remove the bread basket. I know, I know…it’s darn near blasphemy to go into a Mexican restaurant and not chow on chips and salsa (I’m guilty of this...we all have our vices!). And skip the appetizers. They’re rarely anything but processed crap.

Second, you know this rule: grilled or baked are better than fried. Grilled salmon, shrimp, steak, chicken. Also remember: you cannot go wrong with vegetables. Ditch the mashed potatoes and opt for a second serving of steamed vegetables. If you’re watching
carbs, nix the rice in favor of broccoli. Most any sit-down restaurant is going to have a couple forms of vegetables from which to choose. Get olive oil and vinegar dressing for your salad. If you’re lucky, they’ll bring it to the table in two bottles, which you can then conveniently hang onto to add some flavor to your double order of steamed vegetables. You did order extra vegetables, didn’t you?

Now do you want one of my secrets to getting awesome food that is typically on the good side of healthy at good prices? Ethnic restaurants. And I don’t mean the Chinese buffet; I mean ethnic restaurants run by people that immigrated from the country. There is a Cuban restaurant here in Louisville called Havana Rumba that knocks the socks off of any pub fare you’ll ever sink your teeth into. Where else can I get a huge mound of pork marinated in lime and orange juices, olive oil, and spices? Try Ethiopian, Greek, and Irish fare for something new. You’ll taste novel new uses for spices that a burger and fries just can’t touch.

“Yeah, Yeah, Yeah...But WHAT Should I Eat?”

Okay, time to wrap up before Leo gives me the hook. What foods do I associate with Real Food? Scroll back up and look at the list I tossed out under the second heading. Wow...quite a list huh? Seems to eliminate everything. Well, it does. Everything except meat, vegetables, fruits, nuts, seed, squashes, and tubers. I find that I’m better off without grains, but properly prepared (which is a whole other post), they can be a fine addition to your diet (though I’ll say that most breads and all boxed cereals do not fall into “properly prepared”).

Still think it’s restrictive? Let’s name some things that are most definitely Real Food: beef, chicken, turkey, pork, salmon, shrimp, crab, lobster, eggs, cheese. Spinach, kale, cucumbers, carrots, turnips, squash (spaghetti, butternut, and acorn to name a few), sweet potatoes, collard greens, broccoli, cauliflower, Brussels sprouts, onions, radishes, bok choi, olives, cabbage. (Deep breath.) Apples, bananas, cherries, melons, berries (straw, black, rasp, and blue), pears. Almonds, walnuts, pistachios, Brazil nuts. Coconut oil, palm oil, butter (yes, I said butter!), olive oil. And let’s not forget parsley, sage,
rosemary, and thyme, garam masala, curry powder, paprika, cumin, cinnamon, garlic, ginger, and nutmeg. If I were more creative, I’d have made it rhyme, but I think you get the point.

Frankly these foods are far more tasty, more versatile, and healthier than anything you’re going to find in a package. They are far better than the foods with “Now with added X” or “less saturated fat” or “low-carb” or “low-fat” written on the front.

**And Finally, Enjoy Life**

My final guideline is to let loose sometimes. As I mentioned above, I will tear through some chips and salsa (or better yet, guacamole). But I don’t go to a Mexican restaurant when I plan to stick to my guns and I don’t go all that often. Pick a few smart vices (like dark chocolate, good beer or wine, chips and salsa, ice cream, probably not Dunkin Donuts) and pepper them throughout your life to make things enjoyable. Frankly, life is too short to give up everything, but by being good 90% of the time, you’ll find that the other 10% doesn’t really hurt you and is far more enjoyable.

**What other guidelines do you have?** How do you motivate yourself to cook good food at home instead of grabbing processed convenience foods? How do you keep on the straight and narrow when you’re eating out?

http://www.downloads.imune.net/medicalbooks/The%20story%20of%20Sugars%20with%20Key%20Articles%20from%20The%20New%20England%20Journal%20of%20Medicine.pdf

http://www.downloads.imune.net/medicalbooks/California%20bill%20would%20require%20warning%20labels%20on%20sugary%20drinks.pdf

http://www.downloads.imune.net/medicalbooks/Fruits%20are%20your%20sugars,%20an%20Apple%20a%20Day%20keeps%20Disease%20away.pdf

WHY ORGANIC IS THE RIGHT CHOICE FOR PARENTS

1. Children fed an organic diet have much lower levels of high risk insecticides.

2. Choosing organic food reduces the health risks of toxic pesticides by 94%.


4. Organic dairy has higher levels of heart-healthy omega-3 fatty acids.

When possible, organic is one of the best choices we can make for the health of our families.


IMUNE
International Medical University for Natural Education

Evidence Based Natural Energetic Medicine Education
If you cannot Educate them

SCARE THEM


Mummy has a bald head because of the medicine and the bad leukemia.

And because she ate too much sugar
Study: Obese Children Will Have 50% Higher Risk of Colon Cancer

The newest reason for doing everything possible to reduce childhood obesity names certain cancers as risks associated with a high BMI.

*The newest reason for doing everything possible to reduce childhood obesity names certain cancers as risks associated with a high BMI.*
**PROBLEM:** Childhood obesity is associated with all sorts of immediate health problems, including high blood pressure, high cholesterol, breathing and joint problems, along with an increased risk of developing diabetes and heart disease. This study set out to examine the relationship between childhood obesity and future diagnoses of urothelial, or bladder, and colorectal cancers.

**METHODOLOGY:** Researchers at Tel Aviv University appropriated the health information of 1.1 million males that had been collected by the Israeli Defense Forces and then linked this medical data to the National Cancer Registry. They looked specifically at the rates of urothelial and colorectal cancer over a follow-up period of 18 years in those who were obese, meaning that they had a body mass index (BMI) in the 85th percentile and above, at age 17. Adjustments were made for year of birth, level of education, and religiosity.

**RESULTS:** Those whose BMI placed them in the range of obesity in adolescence had a 1.42% greater chance of developing urothelial or colorectal cancers in adulthood.

**CONCLUSION:** Childhood obesity is associated with a 50% higher risk of urothelial or colorectal cancers.
IMPLICATIONS: While these results only tell us about the incidences of two specific types of cancer, Ari Shamiss, one of the doctors involved in the study, has indicated that he is currently researching connections between childhood obesity and other cancers in the hopes of uncovering other connections. We still need to learn whether obesity is directly causing the high risk of cancer, and, perhaps most essentially, whether losing weight is effective -- and if so, how much and when - in lowering it.
Just Because You Have a Knife,
It Doesn't Mean
You Are a Surgeon!
Just Because You Have a Child,
It Doesn't Mean
You Are a Parent!

Quote from Desire' Dubouret

http://www.downloads.imune.net/medicalbooks/The%20Stress%20of%20Parenting.pdf
The Secret of all Diets is Water
Almost all of our Extra Calories come from sugared drinks or synthetic sweeteners That upset the Nerves
If you drink 2-3 liters of Water a day it will cut Calories, lessen Hunger and you will lose weight and become Healthier
The Health Education Council has launched the Rethink Your Drink campaign. They are encouraging healthy drink choices, like replacing sugar-sweetened beverages (think soda, sports drinks, and energy drinks) with water. Their goal is to read 8,000 pledges by the end of September.

As someone who constantly carries around a water bottle, I am on board with this campaign and immediately pledged to drink water instead of sugary drinks for the next 30 days. I know that for most other people, this would be a tough challenge. Many people drink soda everyday, or don’t think twice about picking up a Red Bull or a mocha. It’s shocking how much sugar is in pretty much any drink you can get at Starbucks. I don’t want to spoil your annual pumpkin spice latte, but seriously check it out and think about making it homemade or opting for water instead.
I came across this eye-opening photo online. I think it’s particularly important to watch what our children are drinking and eating. Do they need all that sugar in sweetened chocolate milk or soda? Instead, let’s encourage them to have water.

I know, I know. Water is boring. I hear people say that all the time. Well, not anymore! You can add tons of different fruits, veggies, and herbs to make water taste better. Fill up a pitcher, toss in some combination from below, and let it sit in the fridge for a few hours (the longer you let it steep, the more flavor you’ll get, but you can also enjoy it immediately).

Without further ado, 50 awesome flavored water ideas. I hope this gets you thinking outside the box and trying out more water. And please sign the pledge to drink water (bonus: you’ll be entered to win a $250 Amex gift card!).

1. Watermelon
2. Cucumber
3. Lemon
4. Cantaloupe
5. Orange
6. Cherries
7. Lime
8. Grapefruit
9. Basil
10. Mint
11. Grapes
12. Blood orange
13. Rosemary
14. Lavender
15. Strawberries
16. Blackberries
17. Raspberries
18. Pineapple
19. Kiwi
20. Papaya
21. Honeydew melon
22. Fresh ginger root
23. Mango

And don’t forget fun combinations of the ingredients above! Get creative and combine them so it never gets dull.
The possibilities are endless but here are some of my favorites:
24. Watermelon and mint (pictured above)
25. Cucumber and mint
26. Lemon and mint
27. Cherry and lime
28. Watermelon and cucumber
29. Ginger and lemon
30. Orange and pineapple
31. Lemon and lavender
32. Lime and mint
33. Cucumber and lime
34. Lemon and basil
35. Strawberry and mint
36. Blackberry and ginger
37. Lemon and blueberry
38. Thyme and blackberries
39. Cucumber and rosemary
40. Cantaloupe and watermelon
41. Cucumber, lemon, and mint
42. Lemon and lime
43. Strawberry and basil
44. Cranberry juice and lemon (use a capful of unsweetened cranberry juice)
45. Ginger and lime
46. Pineapple and mango
47. Strawberries and lime
48. Orange, lime, and lemon
49. Lemon and a pinch of cayenne
50. Papaya and mango

...and I could keep going. Seriously, there are so many potential combos!

For the herbs, crush or chop them up to get the best flavor. Similarly, squeeze citrus wedges, slice or cube melons, and crush berries. Nancy Creative has some more great tips and recipes for flavored waters.
Good Sugar and Oil

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal.
Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoo, Grape sugar). Wellness is your Reward. Remember to chew your food, Fruits alone, Fluids alone, and Melons alone. Make Vegetable and Fruit juice part of your daily Wellness Healthy Regime.