



Processed Foods...

The hidden dangers



History of Processed Foods:

The processed food industry capitalized on our country's need for fast and convenient food throughout the turn of the 20th century. This led to very few meals being cooked at home. Since convenience foods are generally more calorie dense the average person's calorie intake increased dramatically. As calorie intake increases so does body weight.

Currently in America, 70% of calories are coming from processed foods. Food industry scientists are engineering these individual processed ingredients into things that they are selling as food. However, this is not food. The more you process food the more you take away from the nourishing ability. What happens during processing: Intensely high heat processing, chemical hydrogenation, hydrolyzation, bleaching. Processing food destroys nutrition. Food with nutritional value speaks for itself.

Recommendations to eliminate/minimize processed foods in your diet?

Eat Food:	Not Too Much:	Mostly Plants:
Don't eat anything that your great-grandmother wouldn't recognize.	Use smaller plates and glasses	If you eat meat, treat meat as a flavoring or special occasion food.
Eat only foods that will eventually rot.	Serve the vegetables first	If it came from a plant eat it. If it was made in a plant - don't!
Avoid foods with nutritional labels	Make water your beverage of choice	Eat your colors (eat as many different kinds of plants as possible).
Eat only foods that have been cooked by humans	Try to spend as much time enjoying the meal as it took to prepare it	Break the rules once in a while (if you want to)
Avoid foods you see advertised on TV	Stop eating before you are full	

Resources to help you get started:

[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) / [The Cancer Survivor's Guide](#) / [Nutrition for Kids](#)

*Please note: you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be.



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.