

THE CHANGING AMERICAN DIET

By: Hesh Goldstein

What are we eating? Are we turning toward vegetarian diets or are we still eating rotting flesh? Are we getting fat on ice-cream, cake, cookies or cheesecake? Are we eating more fruits and vegetables or more French-fries?

Since the early 1900's, the U.S. Dept. of Agriculture has been monitoring our food choices and use that data to see what direction we are headed in. Check it out!

In 1977, soda became the most popular American beverage, and number 2 is still way behind. Unbelievably, we drink 50 gallons of soda per person per year and that doesn't include the 8 gallons of uncarbonated soda that masquerades as "fruit" drinks. And the soda companies, to increase their sales and profits, put their vending machines in the schools from grade to high school in their quest to get as much money as possible regardless of the costs.

With regard to "liquid meat" (milk products), we're eating slightly less ice cream than we did in 1970, and most of it is as fatty as it was 30 years ago (except for Ben & Jerry's and Haagen-Dazs, which are even fattier). As for cheese: the sky's the limit. We are eating twice as much as we did in 1970, and cheese has passed beef as our number-one source of saturated fat. Whole milk is down (that's good), 2% is down (that's good), and although 1% and skim are propagandized as a better option, they are not replacing the fattier milks. I say propagandized because hidden from you is the fact that when you reduce fat content you increase protein content which correlates directly to higher rates of osteoporosis. "Liquid meat" is in just about everything, including the worst of all places, your arteries, and has been shown to be a direct link to breast and prostate cancer, especially if it is not organic milk because it then contains genetically modified bovine growth hormones, with links not only to cancer but to type-2 diabetes and obesity.

We now produce 152 pounds of added sugars each year for every man, woman, and child in America. That's 25% more than in 1970. Soft drinks account for a third of our intake, so-called "fruit" drinks supply another 10%, while cookies, cakes, and other sweet baked goods contribute 14% (thank you Mrs. Field's and Famous Amos), and candy, breakfast cereals, and ice-cream chip in about 5%. That makes roughly 62% of our intake coming from sugar products. And we wonder why we have an obesity epidemic!

We eat more wheat flour than we did in 1970, and only a tiny fraction is whole grain wheat flour which is the kind that helps lower the risk of heart disease and diabetes. The rest is fiberless, empty caloric, "silly-putty". What's a malasada? It's a ball of white flour, soaked in egg batter, covered with sugar, and cooked in grease. "I feel the earth move under my feet".

We eat 111 pounds of red meat and 83 pounds of poultry and seafood per person every year. That's 194 pounds, per person, of heart disease, cancer, arthritis, constipation, diabetes, stroke, high cholesterol and high blood pressure, every year.

Intelligence says we should control our senses. But, unfortunately for most, we are sold into slavery by our tongues and taste buds. Join the revolution and eat to live not live to eat.

Aloha!