



Light Beer and Baked Doritos: Am I Healthy Now?

Zonya
AMERICA'S NUTRITION LEADER

The Weigh You Want to Live!

**Over the last 3
decades, repeated
studies have shown
that modest doses
of **synthetic colors**
can provoke
hyperactivity**



*McCann, Barrett, Cooper et al. Food additives and hyperactive behaviour in 3 y/o and 8.9y/o children in community: a randomized, double-blinded, placebo-controlled trial. *Lancet*. 2007, 370. 1560-67.

**Diet soda
consumption has been
linked to **bone
demineralization,
increased risk of
stroke, dementia,
glucose intolerance,
irritable bowel
syndrome & Crohn's.****

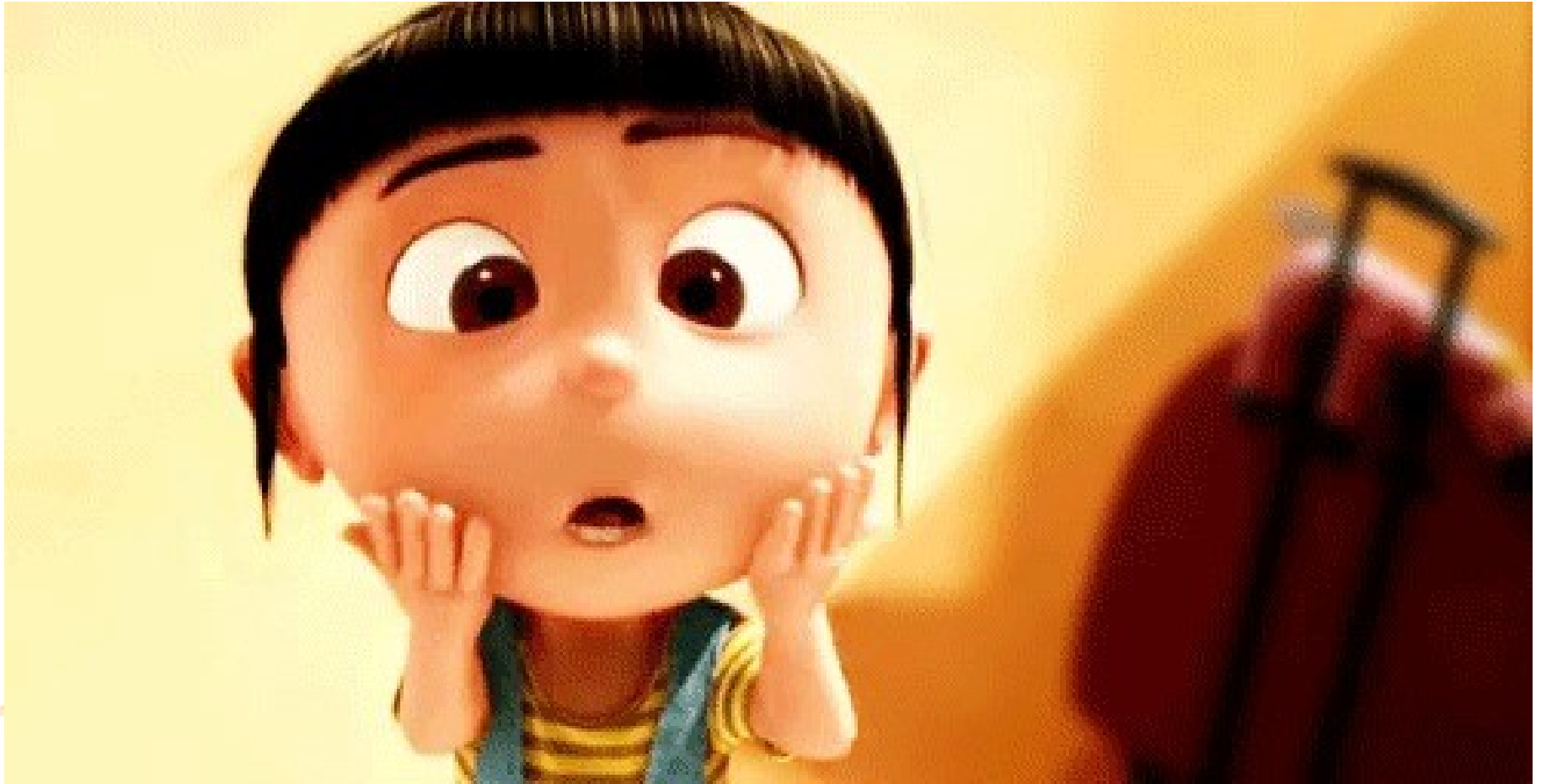


**Eating one
mushroom a day
decreases breast
cancer risk by
64%!**



Researchers at the University of
Perth on 2,000 Chinese women

FOOD is Powerful Stuff!



Sony's
AMERICA'S NUTRITION LEADER

The Weigh You Want to Live!

Food Dyes References

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Artificial Sweeteners

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Artificial Sweeteners cont.

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I will email you...

- Today's Slides
- 20+ Delicious REAL FOOD Recipes
- Destressing Stretch Video

YES! Send me Zonya's FREE eNEWS
Your information will not be shared or sold.
PRINT CLEARLY

E-MAIL ADDRESS _____
CITY _____ STATE _____ ZIP _____

YES! Please contact me about...


☐ Booking Zonya to speak at a future event that I know of or am planning.

☐ DIET FREE, Zonya's 10-week nutrition & fitness program for:
☐ My Company
☐ Myself or My Family

NAME _____
COMPANY _____
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PHONE _____

More Info: Zonya.com and DIETFREE.com
Return this card to Zonya's book table.

Thank You!
Zonya
Speaker • Author • TV Host



America's Top Ten Favorite Foods

1. Hamburgers (average is 3/wk)
2. Hot dogs (average is 50/yr)
3. French Fries (average is 30 lbs/yr)
4. Oreo Cookies (7.5 billion cookies consumed/yr)
5. Pizza (94% eat it regularly)
6. Soft Drinks (major source of added sugar)
7. Chicken Tenders (chicken "parts" and MSG)
8. Ice Cream (leading consumers world-wide)
9. Donuts (10 billion consumed/yr)
10. Potato Chips (US tops any other part of the world)

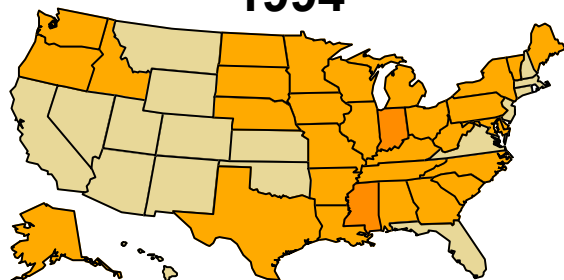
**Standard
American
Diet**

Yale's food policy expert...

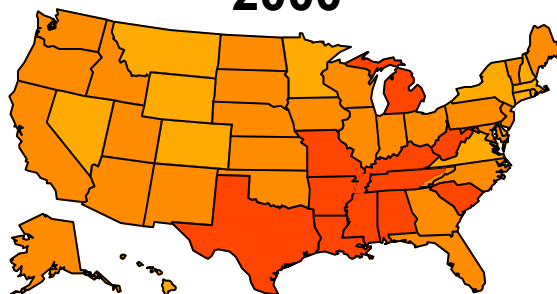
**Kelly Brownell, PhD,
calls our food environment “toxic”
because people who are
exposed to it get sick.**

**Age-adjusted Prevalence of US Adult Obesity (top row)
Diagnosed Diabetes (bottom row)**

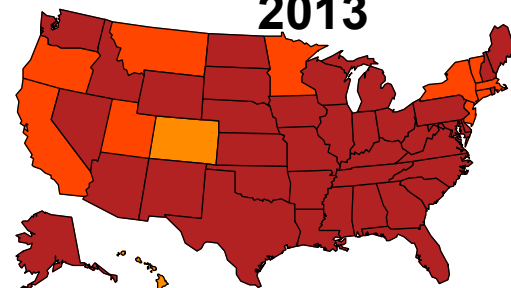
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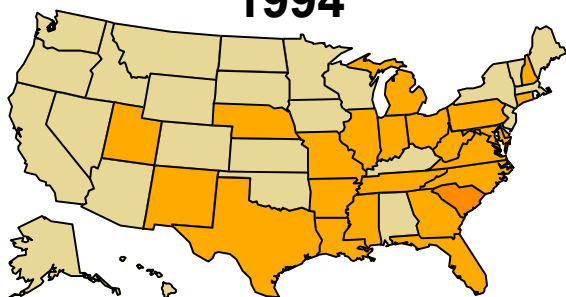
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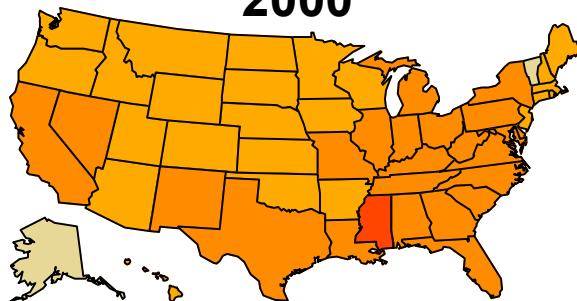
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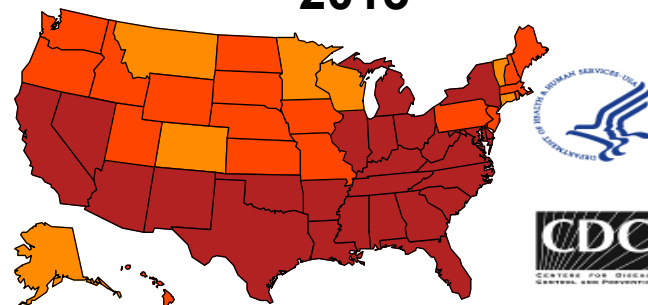
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2013



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The Weigh You Want to Live!

Kids & Type 2 Diabetes

2 decades ago = 3% of new cases

Now 30-45% of new cases!

Source: Institute of Medicine



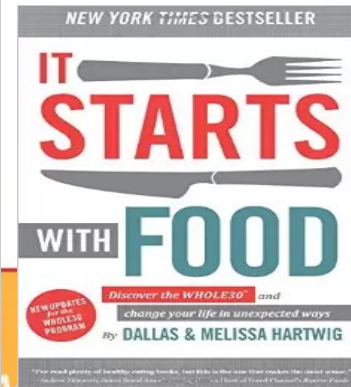
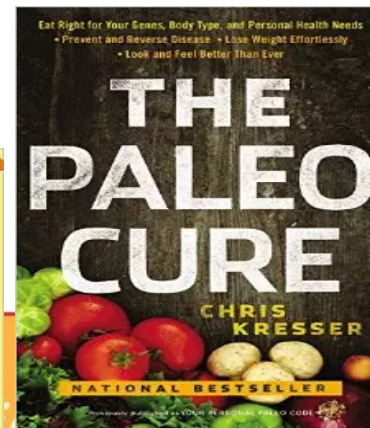
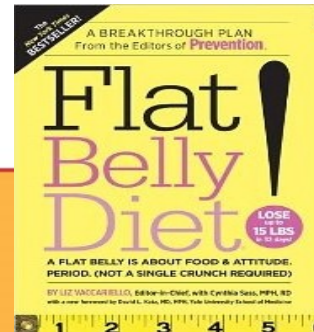
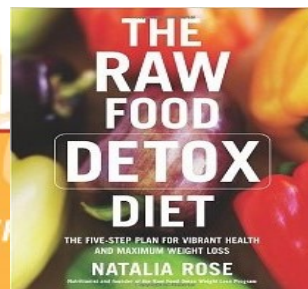
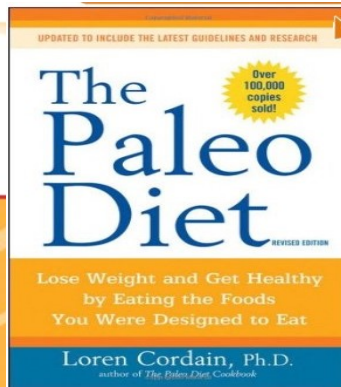
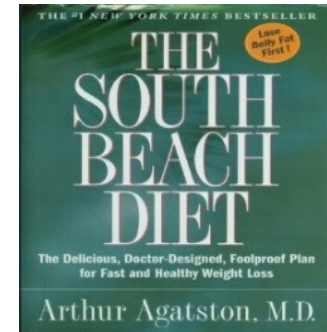
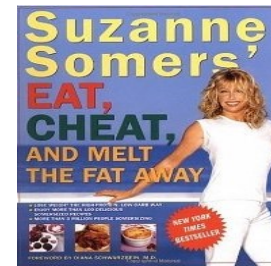
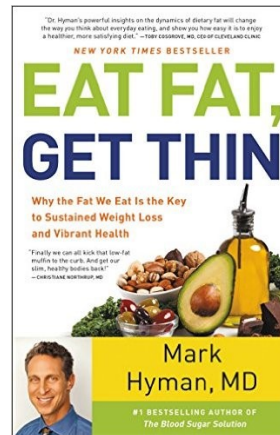
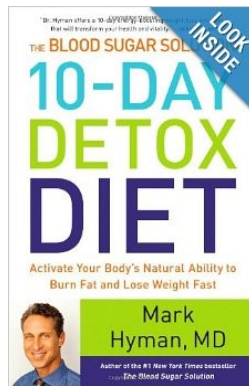
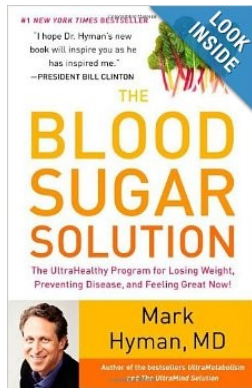
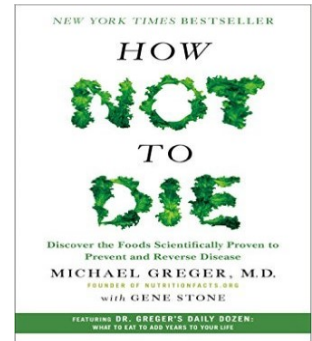
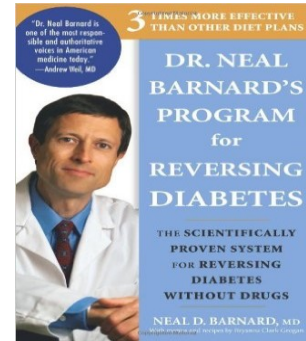
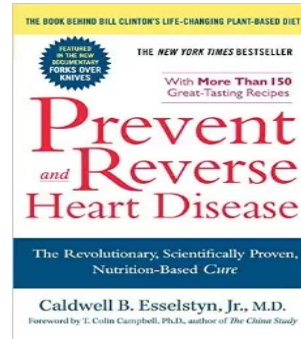
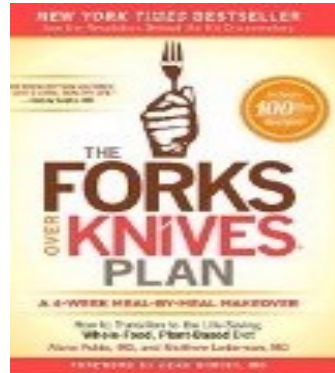
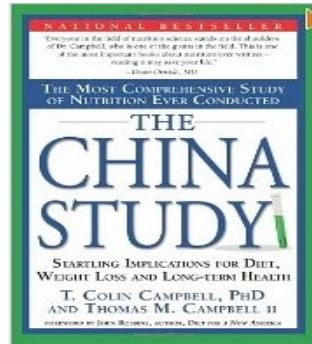
Health experts predict...

This generation of
children will be the first
**to live fewer years
than their parents.**



The Weigh You Want to Live!

Are any of these the answer?





AM

One Day at a Time to Live!

? ? ? Have you ever ? ? ?



What is REAL food?

Nothing
Bad
Added
In



Nothing
Good
Taken
Out

As Close to it's Whole Natural State as Possible

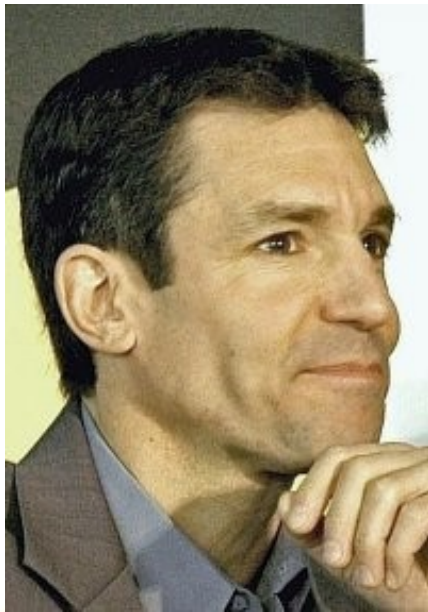
Tony's
AMERICA'S NUTRITION LEADER

The Weigh You Want to Live!

Per Dr. David Katz, MD,

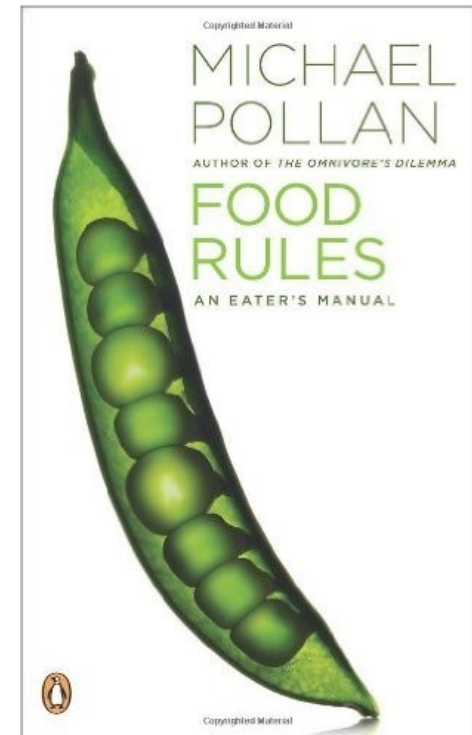
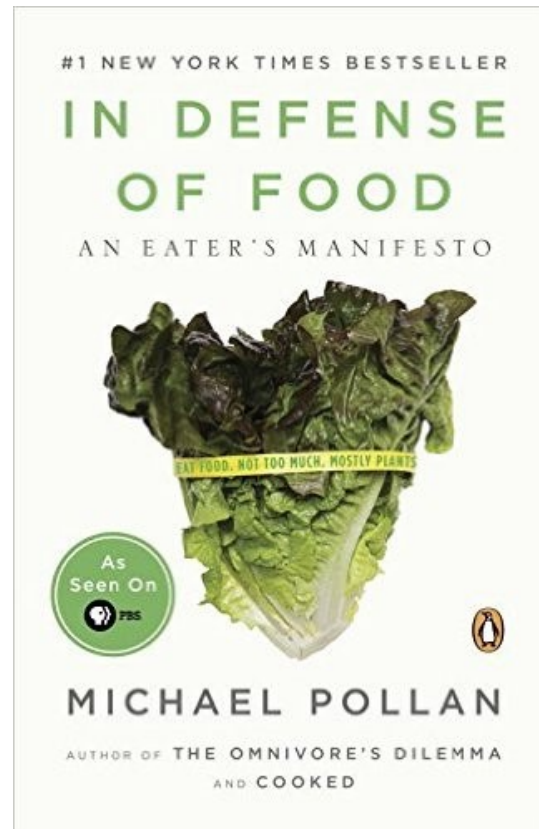
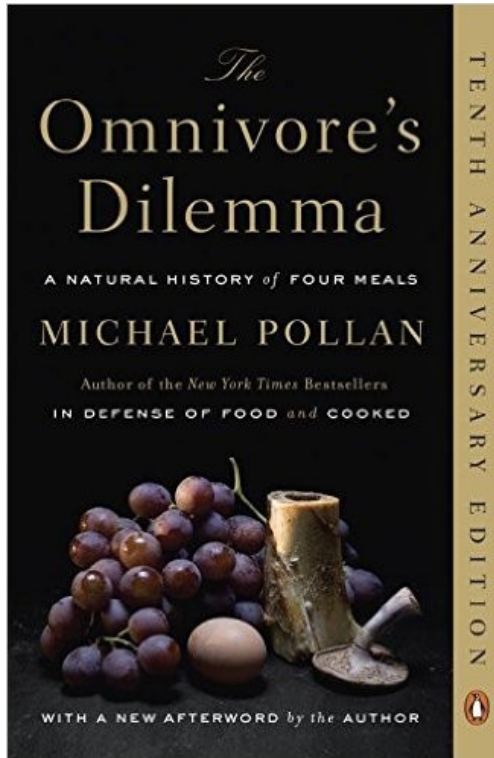
Founding Director of Yale's Prevention Research Center

"A diet of minimally processed foods close to nature, predominantly plants, is decisively associated with disease prevention."



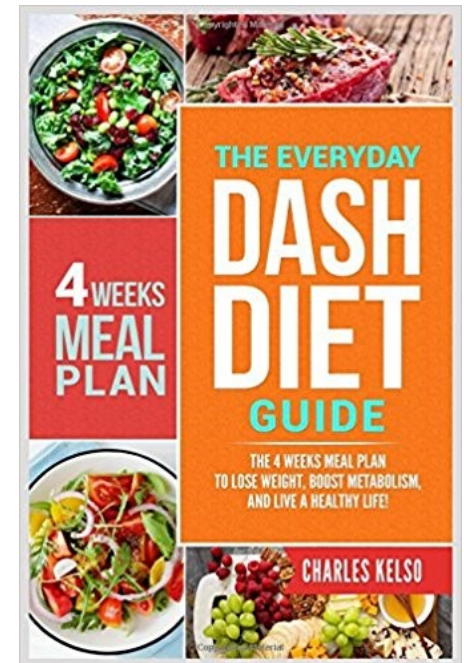
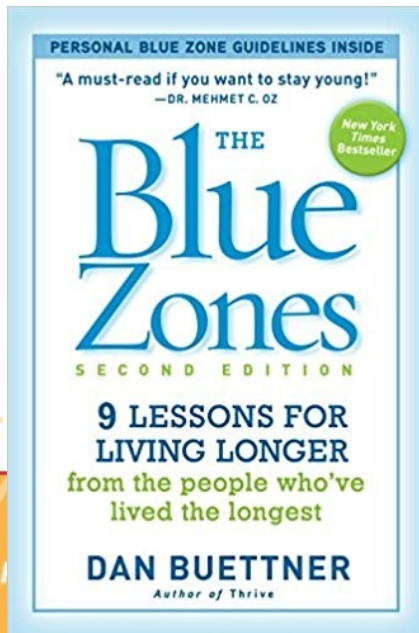
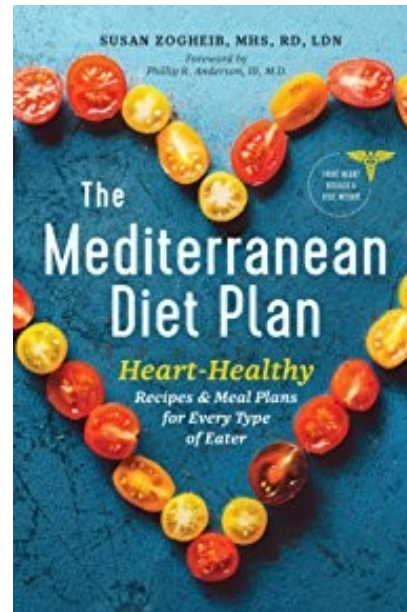
"It's such an excellent idea, and yet somehow it turns out to be extremely radical."

Michael Pollan



Supporting Evidence to Real Food

- Mediterranean Diet
- DASH Diet
- Blue Zones



The Weigh You Want to Live!

Oxidation - Anti-oxidation



FEBRUARY 23, 2004

BUSH'S
MILITARY RECORDS
IS DISNEY MOUSETRAPPED?

TIME

THE SECRET KILLER

- The surprising link between **INFLAMMATION** and **HEART ATTACKS, CANCER, ALZHEIMER'S** and other diseases
- What you can do to fight it

AMERICA'S

www.time.com AOL Keyword: TIME

Want to Live!

Highly Anti-inflammatory

Omega-3 fats

- Douses the flames of inflammation



? ? ? Question ? ? ?

Can you
judge a
food just
by its
nutrition
facts?



You Must

Look at the
**INGREDIENT
LABEL** in order
to really know
what you are
eating!

INGREDIENTS: WHOLE CORN, VEGETABLE OIL (SUNFLOWER, CANOLA, CORN, AND/OR SOYBEAN OIL), MALTODEXTRIN (MADE FROM CORN), AND LESS THAN 2% OF THE FOLLOWING: WHEAT FLOUR, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, BUTTERMILK, SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, CORN FLOUR, NATURAL DEXTROSE, TOMATO POWDER, LACTOSE, SPICES, LACTIC ACID, CITRIC ACID, SUGAR, GARLIC POWDER, SKIM MILK, WHEY PROTEIN ISOLATE, CORN SYRUP SOLIDS, GREEN BELL PEPPER POWDER, CASEIN. CONTAINS MILK AND WHEAT INGREDIENTS.

Guess What Tasty Treat This Is?

- Propylene Glycol
- Ethyl acetate
- Multiple Food Dyes
- Hydrogenated oils
- High Fructose Corn Syrup
- Carboxymethyl cellulose
- Butyraldehyde
- Amyl acetate
- Diethyl Glycol





CLEAN LABELS

LEARN MORE ABOUT
THIS EMERGING
FOOD TREND

“Deciding what foods to buy was simpler when most food came from farms. Now, factory-made foods have made chemical additives a significant part of our diet.” -CSPI

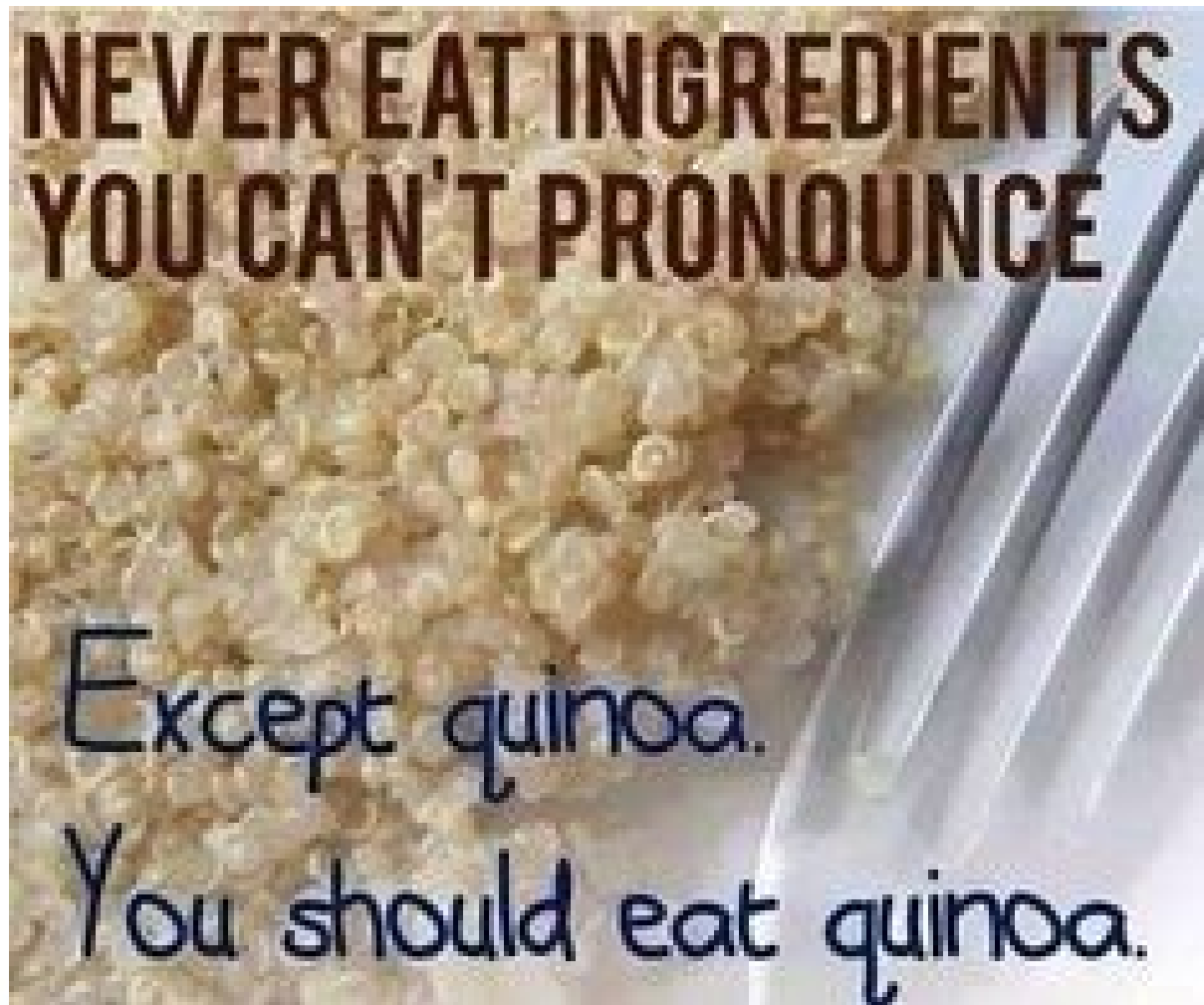
Weigh You Want to Live!

Rule of Thumb

Shop “The Perimeter”

- Is this always accurate?
 - No...Exceptions
 - Perimeter contains processed meats, bakery, soda, etc.
 - Aisles contain beans, rice, oatmeal, vinegars
- Is this “evidence based”?
- Is it still effective?

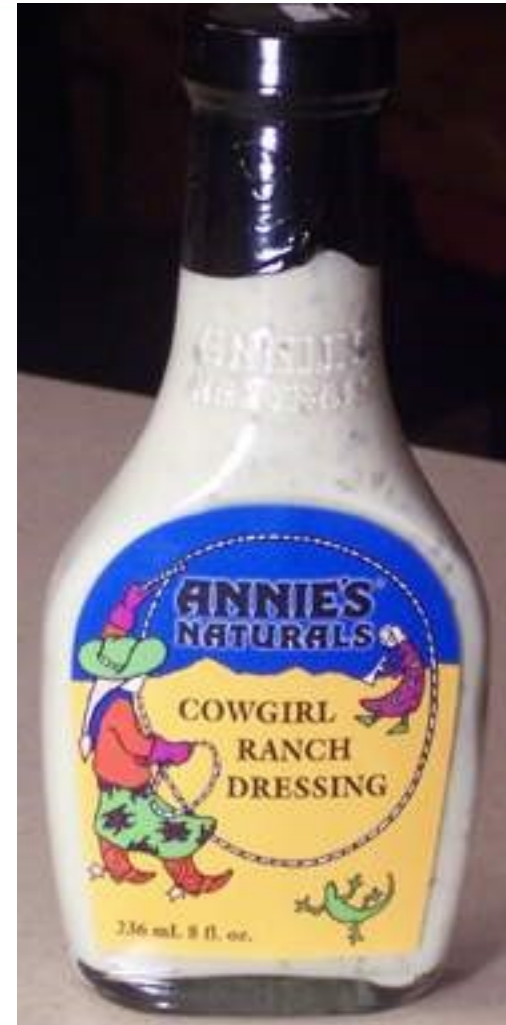
With exceptions of course!



Eat This?



Or This?



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The Weigh You Want to Live!

Wish-Bone

Water, Soybean oil, **High Fructose Corn Syrup**, Whey, Egg Yolks, Salt, Cultured Nonfat Buttermilk, Distilled Vinegar, Phosphoric Acid, Modified Corn Starch, **Monosodium Glutamate**, Garlic and Onion Powder, Xanthan Gum, (Sorbic Acid, **Sodium Benzoate**, Calcium Disodium EDTA) used to protect quality, Spices, Propylene Glycol Alginate, Polysorbate 60, Lemon Juice Concentrate, Disodium Guanylate, Disodium Inosinate, Natural Flavors.

Annie's Naturals

Expeller-pressed Canola Oil, Water, Apple Cider Vinegar, Organic Buttermilk Powder (organic cultured nonfat buttermilk), Organic Sugar, Sea Salt, Whole Egg Powder, Onions, Garlic, Chives, Xanthan Gum, Parsley.



The Weigh You Want to Live!

Eat This?



Or This?



Dannon Fruit

Dannon All Natural

Cultured Grade A low fat milk, Strawberries, Sugar, Fructose Syrup, Fructose, **High fructose corn syrup**, contains less than 1% of modified corn starch, corn starch, pectin, natural flavor, Kosher gelatin, malic acid, carrot juice concentrate, **carmine** and turmeric, disodium phosphate and tri-calcium phosphate.

Cultured Grade A reduced fat Milk, Sugar, Natural Vanilla Flavor, Pectin.

Smart Cookies?

Sugar, Wheat Flour, Vegetable Oils (Canola, Palm, Palm Kernel Oil, Soybean Oil And Partially Hydrogenated Cottonseed And Coconut Oil), Cocoa, Dextrose, Polydextrose, Yellow Corn Flour, Corn Syrup, Baking Soda, Soy Lecithin, Salt, Natural & Artificial Flavor, Monoglycerides, Vanilla Extract.



Don't overlook...

The Silence of the *Yams*



So what's the answer?



INGREDIENTS: [REDACTED] Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Sugar, Maltodextrin, Yeast Extracts, Citric Acid, [REDACTED] Hydrolyzed Corn Protein, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Maltodextrin (Made from Corn), Whey Protein Concentrate, Garlic Powder, Buttermilk, Natural Flavor, Sodium Diacetate, Lactic Acid, Disodium Inosinate, Disodium Guanylate, and Skim Milk.
CONTAINS MILK INGREDIENTS.

Why Eat REAL FOOD?

- ✓ Eliminates the bad stuff
 - Trans fats, deleterious additives & preservatives like MSG, artificial colors, sodium, sugar
- ✓ Skyrockets the good stuff
 - anti-oxidants, vitamins, minerals, fiber, potassium, magnesium, calcium
- ✓ Decreases calories
 - NATURALLY!



Resulting in...

- A drop in weight, cholesterol, blood pressure and age markers in the blood
- **SIGNIFICANTLY** Reduced risks of:
 - Heart disease
 - Diabetes, Cancer
 - Alzheimer's, Dementia
 - Arthritis and Osteoporosis



How do we get there?

Your
comfort
zone



Where
the magic
happens



When Kale becomes a habit...

Skyrockets
Antioxidants

Increases Potassium for a
healthier Blood Pressure

Decreases
Inflammation

Triple the
fiber for
colon
health



Fills you
up on less
calories
for smart
weight
control

Massaged Kale Salad



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The Weigh You Want to Live!



Thank
You
Health
Lovers!

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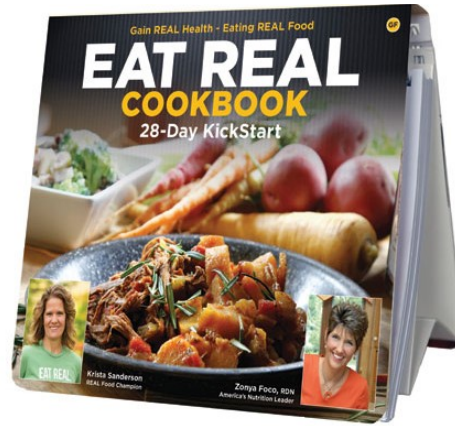
The Weigh You Want to Live!

Personal & Professional Resources

Photocopy permission granted...



The Fastest Way to Healthy



A Whole New Way of
Cooking, Eating and Living

Video Seminar
Programs



EAT REAL
for Your Health!
Worksite Wellness Program

Zonya.com

Zonya
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The Weigh You Want to Live!

Win with REAL Food



Read it Before You Eat It

Favor foods with short lists of ingredients, and those you can easily identify as REAL food. In fact, as often as possible, choose foods with no label at all, found primarily in the perimeter of the store.

Embrace Superfoods

From salmon to quinoa, ramp up your menu with nutritional superstars of all kinds. Put veggies in the spotlight for “vegetable forward” meals, while meats and grains take supporting roles.

Activate Flavor

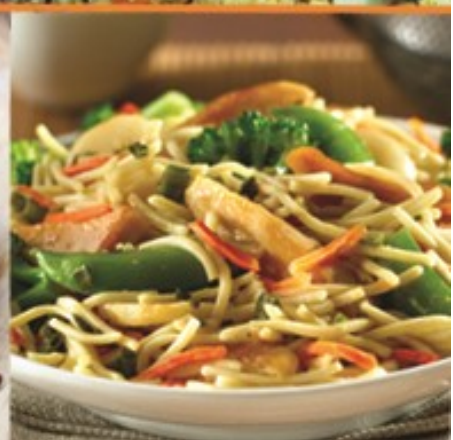
Season your meals with herbs, spices, vinegars, oils, citrus, capers, olives, mustards and hot sauces to achieve “fine restaurant” flavors. This will help you shake the hijacking flavor concoctions of ultra-processed foods.

Listen to Your Gut Feelings

Once free from processed foods and their addictive effects, REAL foods will fill you up before they fill you out. You can now easily listen to when you are physically hungry (eat) and when you are satiated (stop)... for lifelong, diet-free weight control!

Eat REAL for Your Health

Learn to make these delicious meals and more!



AMERICA'S NUTRITION LEADER

The Weigh You Want to Live!