Light Beer and Baked Doritos: Am I Healthy Now?
Over the last 3 decades, repeated studies have shown that modest doses of synthetic colors can provoke hyperactivity.

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!
Food Dyes References

- [https://nutritionfacts.org/video/seeing-red-no-3-coloring-to-dye-for/](https://nutritionfacts.org/video/seeing-red-no-3-coloring-to-dye-for/)
- T. J. Sobotka. 2010. Overview and Evaluation of Proposed Association Between Artificial Food Colors and Attention Deficit Hyperactivity Disorders (ADHD) and Problem Behaviors in Children. Interim Toxicology Review.
Artificial Sweeteners

- M Y Pepino. Metabolic effects of non-nutritive sweeteners. Physiol Behav. 2015 Dec 1;152(Pt B):450-5.
- S E Swithers. Artificial sweeteners produce the counterintuitive effect of inducing metabolic derangements. Trends Endocrinol Metab. 2013 Sep;24(9):431-41.
Artificial Sweeteners cont.

- X Qin. What made Canada become a country with the highest incidence of inflammatory bowel disease: could sucralose be the culprit? Can J Gastroenterol. 2011 Sep;25(9):511.
- X Qin. When and how was the new round of increase in inflammatory bowel disease in the United States started? J Clin Gastroenterol. 2014 Jul;48(6):564-5.
I will email you...

- Today’s Slides
- 20+ Delicious REAL FOOD Recipes
- Destressing Stretch Video
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)
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)
Kids & Type 2 Diabetes

2 decades ago = 3% of new cases

Now 30-45% of new cases!

Source: Institute of Medicine
This generation of children will be the first to live fewer years than their parents.
Are any of these the answer?
EAT REAL FOOD
Have you ever
What is REAL food?

As Close to its Whole Natural State as Possible

Nothing Bad Added In

Nothing Good Taken Out

As Close to its Whole Natural State as Possible
"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

The Omnivore's Dilemma
A Natural History of Four Meals
Michael Pollan

In Defense of Food
An Eater's Manifesto
Michael Pollan

Food Rules
An Eater's Manual
Michael Pollan
Supporting Evidence to Real Food

- Mediterranean Diet
- DASH Diet
- Blue Zones
THE SECRET KILLER

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

Omega-3 fats
– Douses the flames of inflammation
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!
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
“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
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!

NEVER EAT INGREDIENTS YOU CAN’T PRONOUNCE

Except quinoa.
You should eat quinoa.
Eat This? Or This?
### 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

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.

The Weigh You Want to Live!
Don’t overlook…

The Silence of the Yams
So what’s the answer?
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

Zonya
America's Nutrition Leader

The Weigh You Want to Live!
Massaged Kale Salad
Thank You Health Lovers!
Photocopy permission granted…

The Fastest Way to Healthy

A Whole New Way of Cooking, Eating and Living

Zonya.com
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!

Sonya
AMERICA'S NUTRITION LEADER

The Weigh You Want to Live!