



# Trusting Your Buds

by Lindsay Kehl

Have you ever taken a look at the nutritional label of your lunch and read down the long list of ingredients wondering what they all were and where 'on earth' they all came from? Better yet, have you ever wondered why the sizes of your chicken breasts, apples and tomatoes are now large enough to satisfy Paul Bunyan?

All of these new additions to our food chain have occurred so slowly over the past several decades, so slowly that you may have not even noticed, or worse, cared. Like most Americans, you probably let the growl in your stomach silence the questions floating through your baffled brain, all while rationalizing to yourself "it must be safe to eat or they wouldn't have sold it to me". Maybe so, but is that a risk you are willing to take?

Sometimes it takes a bad experience to make us question the safety of the foods that we eat, in my case, liquefied tilapia on a skillet right before my eyes. Gross! It was at that moment for me that things aren't always as they appear. We would probably all starve to death before we understood the wheres, whys and hows of our food. Since anorexia is not the appropriate option, we must look for a simple and easier alternative. Therefore, it is my intention to raise your food awareness and help you to become more equipped to make better choices when feeding yourself and your children.

## **FRUIT & VEGGIES – BUY ORGANIC!**

Most areas don't allow you to buy local year round due to the change in seasons. So when you can't buy local, buy organic. It may seem like a more expensive option, but the nutritional and health benefits will pay off in the long run. Many times our fruits and veggies are 'manufactured'

in a way that loses a lot of the essential vitamins and minerals that our bodies need. Sometimes the super-sized, polished to perfection fruits and veggies that we see in the grocery store have the same (if not less) nutritional value than those locally grown that are half the size.

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## **MEATS – BUY LOCAL!**

Ever since the majority of the meat 'manufactured' in the US has been controlled by only a few companies there has been an increase in food borne illness like e coli and salmonella. Meat from free range, grass fed animals at local farms is a better option. Not to mention, in the book, Eat This and Live by Dr. Colbert, it states since the FDA approved irradiation in meats in 1997, many manufactured meats have been zapped and stripped of most of their nutritional value in order to avoid micro organisms from growing. That means they were hit with radiation of about 10-70 million chest x-rays. Scary thought.

## **FISH – IF IT SMELLS FISHY, DON'T BUY IT!**

Long before that tilapia liquefied on my skillet there is a large possibility it could have been swimming around in an ocean filled with contaminants, like human waste or pesticides. Yuck! Due to the unsustainable 'human lifestyle' there has been an increase

of toxins in our bodies of water across the world. Even the controlled waters where farm raised fish reside are highly affected. Wild fish from Australia, Chili, New Zealand and Greece usually come out of clean water and are toxin free.

## **WHOLE GRAINS – EAT CLOSE TO THE EARTH!**

Eating foods closer to their whole form still contain the essential nutrients that are lost in processed foods. By eating whole grains

you make your calories count and your body with thank you for that! Filling yourself with processed grains results in empty calories, and filling your body with empty calories will lead to nutrient deficiencies that make it difficult to fight off cancers and diseases.

So ladies, take control! To keep it simple, the way we treat our bodies equals how our bodies treat us. It is so important to learn what your food is, how it is made, and where it comes from so that you can have confidence in your taste buds. If you respect your body by filling it will foods that you can trust it will, in return, give you a better chance at a long healthy life.

## **COMMIT TO YOURSELF!**

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