

## Nutrition

### Is fast food less expensive than cooking at home?

- NO! Not only is cooking at home **more nutritious** and **tastier**, but it is also **67% cheaper!**
- Spend **\$100** at McDonalds for **unhealthy** food, or spend only **\$33** at the grocery store for **healthy** food.
- The cost of eating fast food must also include the cost of chronic disease and premature disability/death.

### Should we be eating “like our great-grandparents” ate?

- Greatly reduce the cost of feeding the family.
- Significantly reduce your high intake of preservatives and hormones.
- Grow and can (preserve) your own fruits and vegetables.
- Eat a huge early-morning breakfast, a large mid-day lunch, and a small late-afternoon supper.
- Eat things you can grow: have a huge garden with a variety of berries and a large orchard.
- Dine out less than 10 times per year.

The **nutritional goal** for improving and maintaining our health is to prepare most of your food from ingredients that are healthy. Ideally, foods you grow yourself or get from a local farmers’ market, or at least foods that are not refined/processed (unbalanced nutrients, low fiber, packed with chemicals) = **Eat a Whole Plant Food Diet.**

### Shopping Tips:

- “Shop around the edge” = unpackaged, fresh fruits, vegetables, nuts, grains, beans, and legumes.
- In the aisles are the boxes and bags of “food” required to have “nutrition labels” = probably not healthy.
- “To make better food choices, learn how to read nutrition labels.” = Choose lesser of two evils?!
- Nutrition labels = Not natural, healthy food = Don’t bother reading the label, just don’t buy it!”

**Strategies for reducing meal prep time** to make meals quicker, easier, cheaper, tastier, healthier, and more fun than eating fast food on a regular basis:

- Cook a large meal and store portions of it in the freezer for another day.
  - Pre-prepared individualized meals will avoid the stress and compromise typical on busy days.
- Prepare frequently used foods at the beginning of the week and store them in the refrigerator.
  - Saves time chopping, cutting, peeling when preparing each meal later in the week.
- Time, not money, seems to be the biggest excuse for eating “fast” (convenient?) “food” (unhealthy).
  - “I do not have time to eat right.”
  - “I am too busy to shop for food and fix it for myself.
  - **“Fast Food” is neither** = “Fast food is entertainment for your tastebuds.”
  - The average person watches 90+ minutes of television per day.
  - Time is not the issue. It’s a matter of **personal values and priorities** (health/time/money).

### Investment Calculations:

- 1 minute of exercise = 2 minutes in added longevity
- 1 minute of meal prep = ? minutes in added longevity

### Simple Rules for Eating Healthy and Living Longer:

- Eat plant-based whole foods.
- Avoid animal products (lard, pork, beef, butter, cheese, chicken, fish, cream, milk, eggs).
- Avoid margarine, vegetable oil, sugar, artificial sweeteners, and salt.
- Eat a large, healthy breakfast.
- Eat 75% of your daily calories in your first 2 meals (breakfast and lunch).
- Eat a light meal in the late afternoon or early evening (supper).
  - Such as soup or cereal, or a salad, or a small sandwich (easy to digest)
- Do not snack between meals.
  - Reduces daily caloric intake by over 20%.

**Simple Rules for Eating Healthy and Living Longer (continued):**

- Drink plenty of water throughout the day.
  - Eliminate coffee, tea, and soda.
  - Avoid sugar-sweetened beverages (including fruit juice).
- Eat 10 servings of fruit and vegetables every day.
- Eat 1 level handful of nuts every day.
- Eat 5 servings of whole grains every day.
  - Whole wheat bread, whole grain cereals, brown rice, corn, potatoes
- Eat more legumes
  - Lentils, peas, broad beans, chickpeas, soybeans, lima beans, peanuts.
- Learn to read food labels.
  - If you knew what was in most refined “foods,” you would not eat it.

**Eat to live, don't live to eat.**

**Eat** (get nourishment) **to live** (glorify God),  
**don't live** (waste your life) **to eat** (indulge your appetite).

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. -- *1 Corinthians 10:31*

Call upon me in the day of trouble (temptation): I will deliver thee, and thou shalt glorify me. -- *Psalms 50:15*

**In achieving our goal of living to 120, eating nutritious meals is an important habit that we should make part of our healthy lifestyle.**