

Just Food. Mostly Plants. Not Too Much.

1. Cook!

Cooking for yourself is the only sure way to take back control of your diet from the food scientists and processors. The decline in home cooking closely parallels the rise in obesity.

2. Treat treats as treats.

There is nothing wrong with special occasion food as long as every day is not a special occasion. The special occasion foods offer some of the great pleasures of life, so we shouldn't deprive ourselves of them, but the sense of occasion needs to be restored.

One way is to make these foods yourself; you won't go through the trouble every day.

3. Don't get your fuel from the same place your car does.

American gas stations now make more money selling food (and cigarettes) inside than they do on gas outside. Gas stations have become "processed corn stations": ethanol outside for your car and high-fructose corn syrup inside for you. Don't eat here!

4. "Breakfast like a king, lunch like a prince, dinner like a pauper."

Front-loading your eating in the early part of the day may result in fewer total calories consumed.

5. Buy smaller plates and glasses.

The bigger the portion, the more you will eat- Upward of 30% or more. Food marketers know this so they supersize our portions as a way to get us to buy more. One study showed that simply switching from a 12-inch to a 10-inch plate reduced consumption by 22%.

6. Pay more - Eat less.

The American food system has for many years devoted its energies to increasing quantity and reducing price rather than to improving quality.

There's no escaping the fact that better food costs more. Not everyone can afford to eat well in America, but most of us can. Choose quality over quantity.

7. Eat all the junk food you want as long as you cook it yourself.

If you made all the french fries you ate, you would eat them much less often, if only because they're so much work. The same holds true for fried chicken, cakes, pies and ice cream.

8. "The whiter the bread, the sooner you'll be dead."

As far as the body is concerned, white flour is not much different than sugar. Eat whole grains and minimize your consumption of white flour.

9. Sweeten and salt your food yourself.

Whether soups or cereals or soft drinks, foods and beverages that have been prepared by corporations contain far higher levels of salt and sugar than any ordinary human would ever add—even a child!

10. Eat your colors.

The colors of many vegetables reflect their different antioxidants. Many of these chemicals help protect against chronic diseases, but each in a slightly different way, so the best protection comes from a diet containing as many different phytochemicals as possible.

11. Treat meat as a flavoring or special occasion food.

Near vegetarians- people who just eat meat a couple of times a week- are just as healthy as vegetarians. Bigger meat portions usually mean smaller fruit and vegetable servings!

12. Eat mostly plants, especially leaves.

In countries where people eat a pound or more of fruits and vegetables a day, the rate of cancer is half what it is in the United States.

By eating a diet primarily of plant foods, you'll be consuming far fewer calories.

13. Eat only foods that have been cooked by humans.

Corporations cook with too much salt, fat and sugar, as well as preservatives and colorings.

Note: Professional chefs often cook with too much fat, salt and butter also. Treat restaurant meals as special occasions!

14. Eat only foods that will eventually rot.

The more processed a food it, the longer the shelf life, and the less nutritious it typically is. Real food is alive- and therefore it should eventually die!

15. Avoid foods you see advertised on television.

Only the biggest food manufacturers can afford to advertise their products on TV. More than 66% of food ad-vertising is spent promoting processed foods (and alcohol). Refuse to buy heavily promoted foods!

16. Avoid food products with the word “lite” or the terms “low-fat” or “nonfat” in their names.

We've gotten fat on low-fat products! You're better off eating the real thing in moderation than bingeing on “lite” food products packed with sugars and salt.

17. Avoid foods that make health claims.

Don't take the silence of the yams as a sign they have nothing valuable to say about your health!

18. Avoid food products that contain more than 5 ingredients.

Note: A long list of ingredients in a recipe is not the same thing. That is fine! Beware of snack foods claiming only a few ingredients- corn chips are still corn chips!