

## Consuming Thoughts

by  
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Yet for many of those surveyed, healthy eating seemed to rely not on a well balanced and diverse diet but rather a quick fix such as increasing consumption of the trendy health-food-of-the-day or taking vitamin supplements. Only 8 percent reported they were eating more vegetables and only 6 percent said they were consuming more fruits or fruit juices.

Surprisingly another national nutrition survey found that 70 percent of Americans believe that a healthful diet needs to include only one or two daily servings of fruits and vegetables. Only 23 percent of those surveyed said they met the USDA Food Guide Pyramid's recommendation of at least five servings per day.

On the other hand, a significant number of ardently conscientious folk are forgoing foods they really like altogether, including red meat and dairy products, thinking these are categorically bad for them.

So why not return to a common

sense approach to eating. There simply are no foods that are "bad" or "good." Any food is appropriate in the context of the total diet.

Healthful eating can be simple and enjoyable if people apply three basic principles—balance, variety, and moderation.

This gives people permission to eat their favorite foods whether they're high in fat, salt, or sugar.

The key is to eat only a moderate amount of such foods and only eat them once in a while.

So there's no need to stop eating your favorite foods such as roast beef and gravy. Just eat it less often, eat a smaller portion when you do, and be restrained with the gravy boat. Then just sit back and allow yourself to enjoy it.

# SEASON'S TREATINGS

REAL

Recently a friend commented, "Eating's no fun anymore!" as we shared a coffee break contemplating her selection of the steaming brew, "Regular or Decaf? Water-processed or not?"

Deciding on the "right" kind of coffee becomes a big deal, let alone whether to eat a piece of greasy pizza. My friend also commented, "I love pizza but I haven't had any in months because eating it is just not worth the guilt!"

Right or wrong, good or bad, guilt or defiance—these are the words Americans are increasingly associating with food. And understandable. Rarely does a week go by that we don't read or hear another story warning us of the health risks associated with eating certain foods, or trouting the longevity-producing virtues of others. Margarine or no? Oat bran or not? Should children drink cow's milk? How about a daily

dose of walnuts?

One part of the population has become so frustrated with all this advice that they've given up and eat anything they like. On the other end of the spectrum are those who analyze every single food choice according to whether it's good or bad for them, regardless of whether they even enjoy its taste.

According to a survey commissioned by the American Dietetic Association and the International Food Information Council, many Americans no longer find eating pleasurable because:

- 65 percent said they worry about fat and cholesterol
- 50 percent said they gain weight when they eat what they like
- 45 percent said the foods they like aren't good for them
- 36 percent feel guilty about eating the foods they like



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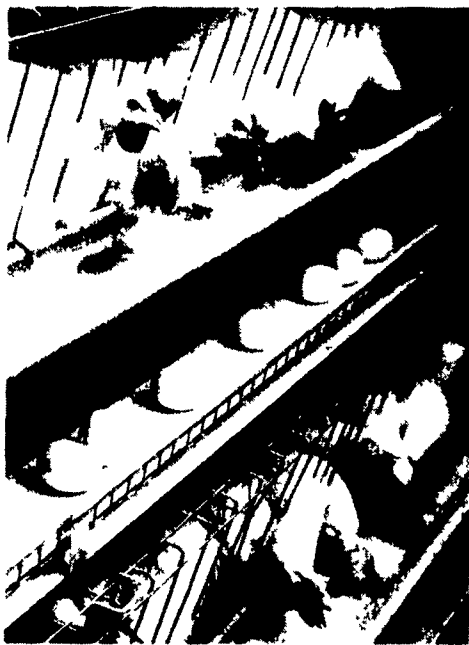
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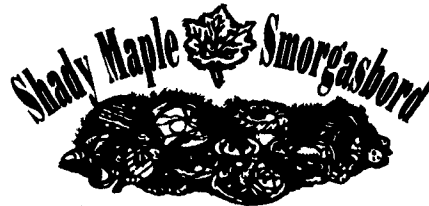
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