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## **Nutrition Notes – April 2008**

by Donna Wolf R.D. CLT

### **NUTRITION CONFUSION**

Being constantly bombarded with nutrition advice from Hollywood stars, popular books & magazines, fad diets, supplement salespeople, TV news bites, trainers, food labeling, and doctors with no nutrition background, it's no wonder we're all confused about what to eat. Many folks want a quick, easy, affordable and convenient answer. Well, there isn't one, even though advertising will try to convince you otherwise.

The "healthy" human body is blessed with the ability to tolerate great varieties of foods, although the group known as "processed" is not among them. The American marketplace is full of what seems like a variety of foods, but in reality is essentially a small selection of bulk ingredients which have been overly processed, full of foreign (to our human biochemistry) chemicals, and void of essential nutrients, many of which have not yet been discovered. Take beverages as an example: water with high fructose corn syrup, flavorings, colors, preservatives & a few vitamins thrown in for marketing purposes. In the same manner, many so called "supplements, nutrition bars and complete meals" are not food that we can thrive on, in the long run.

Nutrition is still a young science. We do not know or understand the variety, complexity or relationships between all the nutrients our bodies need to really grow & thrive. It's a guessing game at this point. An example is baby formulas & hospital elemental diets and tube feedings, all of which have sordid, unsuccessful histories. Witness too, the discoveries of antioxidants and phytonutrients in the past decade. Ten years ago no one heard of them, and more are being identified daily.

So, what's the answer to eating healthfully? Start with foods closest to nature and their natural form. Try local farm grown, preferably organic, livestock and produce. They are what our bodies were designed to tolerate, grow and thrive on. Take an organic apple as an example. Grown without fertilizers, pesticides, it provides over 500 natural chemicals easily digested absorbed & used or excreted by the human body. It's juicy, crisp, sweet, convenient & the original fast food. When processed into dried apple flakes, it loses nutrients, gains preservatives, refined sugar & other harmful chemicals. This no longer resembles real food, nourishing to the human body. Next go with the least processed foods.

For specific details on an easy, optimal and delicious "diet" stay tuned to Nutrition Notes, or contact Healthy Directions of Poway, @ 858-335-2140. [www.healthydirectionspoway.com](http://www.healthydirectionspoway.com)