



“Fake” Foods vs Real Foods

The term food has become a very loosely defined word over the past half a century. With the advent of food processing, the definition of food has widened broadly. But just because a particular substance is generally called “food” is it really **recognized as such by our bodies**.

In the most basic sense, the more a natural food is tampered with, added to, or altered, the **less it offers your body in the way of nutrition**. Even when the label states it’s been “fortified” with vitamins and minerals. Years ago grocery stores were much smaller than they are now simply because there weren’t shelves upon shelves of boxed *junk* being passed off as food.

We all need food, but not because it tastes good, or because it makes us feel full, or is “fun” to eat, but because of the **nutrition it provides** for our bodies.

Food has **one purpose, to keep us alive and well**. To provide us with the fuel, and **body-rebuilding nutrition** we need to avoid illness and death. You may be amazed to learn what a **major role** the things you eat play in your susceptibility to illness.

Only about **20%** of the “food” in any major grocery store is worth eating, much less spending your money on. Most popular “foods” provide **little to no nutrition**, regardless of what it may say on the label. Unfortunately, there is *no effective law* against foods touting all kinds of health benefits *whether they’re true or not*. The advertisements for most of these highly processed foods are **so misleading it’s downright dangerous**. For example, after years of being praised for their amazing benefits, soy was just **highly discounted** in the media last week and it just came out in the Wall Street Journal that fish oil is **worthless in preventing cancer**.

Being a smart shopper means *avoiding boxed foods that have had all their nutrition stripped out of them* in order not to spoil on the shelves. Don’t buy low-fat or fat free foods. These are code words that lots of sugar has been added to try and improve flavor, which it rarely does. Foods that contain trans fats are obviously bad, but now many manufacturers are replacing these bad fats with soy, which is like replacing arsenic with rat poison.

Soy, in all of its incarnations, is a prime example of a “fake” food (not fit for human consumption). You may remember our previous newsletter on soy back in June. Soy is a throw away, a crop rotator, farm-animal food and a waste product marketed as a “miracle food” especially for women.

NEWSFLASH!

***“An American Heart Association committee reviewed a decade of studies on soy’s benefits and came up with results that are now casting doubt on the health claim that soy-based foods and supplements significantly lower cholesterol.”**

The article goes on to state that, “The panel also found that neither soy nor the soy component isoflavone reduced symptoms of menopause, such as “hot flashes,” and that isoflavones don’t help prevent breast, uterine or prostate cancer.”

Seven years ago, before we finally start to hear the truth about soy in the news, The Professor warned everyone about the *worthlessness of soy*. In his landmark medical report **Soy Fiction** - written back in 1999, with **more than 70 medical biochemistry references** that were **all negative about soy** - Brian not only brought the facts above to light, but warned of **soy’s dangers or what he calls “food for a pig!”**

(If you’d like a copy of The Professor’s Soy Fiction report, and more info on Soy in general, please email us at newsletter@professornutrition.com)

We recommend that you consume the kinds of foods you’d find on a farm. As fresh, real and as untampered-with as possible. If you can find organic, it’s worth the slightly higher price for your health, especially for foods containing fats, like eggs, cheese, butter, and cream, and you’ll discover that *organic foods taste infinitely better than their conventional counterparts*.

The bottom line is be sure to get sufficient animal-based protein in your diet, as well as good natural fats like real cheese and real butter, **NOT margarine**. **Avoid low-fat foods** and keep carbohydrate foods to a minimum as well as boxed “fake” foods.

The science of the body proves that the old adage “**You are what you eat**” is **more science fact than wives tale! Real food is medicine; NEVER forget this important fact.**

*AHA: Soy Doesn’t Greatly Aid Cholesterol. January 22, 2006, Associated Press.

If you have any questions or comments about this month’s newsletter please e-mail the professor at: prof-nutrition@sbcglobal.net

This Month’s Low-Carb Recipe: Colorful Pepper Tuna Salad

Ingredients

2 cups thinly sliced zucchini
1/2 cup red bell pepper, cut in strips
1/2 cup green bell pepper, cut in strips
1/2 cup yellow bell pepper, cut in strips
1 cup cherry tomatoes, cut in half
2 cans tuna packed in water, drained and broken up
1/4 cup green onions, chopped
1/4 cup fresh basil, chopped
2 1/2 tbsp red wine vinegar
1 tbsp olive oil
1/2 tsp fresh garlic, minced
1/2 tsp fresh marjoram
1/8 tsp black pepper

Preparation

1. Pour 3/4 cup of water into medium saucepan.
2. Add zucchini and bell pepper strips.
3. Steam vegetables for about 10 minutes until they're tender but still crisp.
4. Remove from heat and drain any excess water off
5. Transfer to serving bowl then add tomatoes, tuna, green onions and basil.
6. Combine vinegar, olive oil, garlic, marjoram and black pepper in a jar or bowl with tight fitting lid then shake well
7. Pour dressing over warm mixture and mix well.
8. Garnish as desired.

Makes 4 servings

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