



We Are What We Eat

Exchanging a few bad eating habits for good ones could save your life.

Living With Solutions

[BONUS WEB SITE](#)

We Are What We Eat

Some Saturated Fats are Healthy for You.....	..page 3
The Healthy Fatty Food Choices.....	page 4
The Deadly Fatty Foods.....	page 6
Healthy Trans (Good) Fats vs. Unhealthy (Bad) Trans Fats.....	page 8
The Bad Trans Fats.....	page 8
The Good Trans Fats.....	page 9
Making Smart Choices Starts at the Grocery Store.....	page 10
Staples for your freezer.....	page 11
Staples for your cabinets.....	page 11
Make Healthier Choices When Forced to Eat Fast-Food.....	page 13

[Bonus Site](#)

Some Saturated Fats are Healthy for You

Eating an adequate supply of healthy dietary fats is vitally important to your overall health. Fats are one of the main components in all of the cell membranes throughout your entire body. If you eat enough healthy natural fats, your cellular processes will proceed normally. On the other hand, if you eat man-made, heavily processed, chemically altered fats (damaged fats) that are found in most processed foods, your cellular function will be impaired as these damaged fats become part of your cell membranes, the body will have to work harder to operate correctly, and degenerative diseases can develop. In addition, healthy dietary fats are essential for optimal hormone production and balance within the body and are therefore essential for the muscle building and fat burning processes. Did you know that eating a diet that is too low in fat will reduce your testosterone levels? You know what the results of that are: less muscle and more fat on your frame. Females, don't be afraid...your testosterone is not going to go through the roof by eating more fat. It helps to keep everything in balance for both men and women, as long as you eat the right fats (more on the right fats in a minute). Other important functions that dietary fats play in a healthy body are aiding vitamin and mineral utilization, enzyme regulation, energy, etc.

Restriction of any one macronutrient (protein, carbs, or fat) in your diet works against what your body needs and can only lead to problems. All three basic macronutrients serve important functions for a lean, healthy, and disease-free body. As Dr. Mary Enig, Ph.D, and one of the leading fats and lipids researchers in the world notes in several of her books and articles, there is very little true scientific evidence supporting the assertion that a high fat diet is bad for us. A low-fat diet could be the solution to good health, examples: - traditional Pacific Islanders who typically obtained 2/3 to 3/4 of their total daily calories from fat (mostly from coconut fat), remain virtually free from heart disease, obesity, and other modern degenerative diseases; traditional Eskimo populations, consuming up to 75% of their total caloric intake from fat (mostly from whale blubber, seal fat, organ meats, and cold water fish), display superior health and longevity without heart disease or obesity; members of the Masai tribe in Africa remain free from degenerative diseases and maintain low body fat percentages on diets consisting of large quantities of raw whole milk, blood, and meat; the Samburu tribe of Africa, which eats an average of 5 times the quantity of dietary fat (mostly from raw whole milk and meat) as overweight, disease-ridden Americans, yet Samburu members are lean, healthy, and free of degenerative diseases and traditional Mediterranean diets, which are known to be very high in fat (sometimes up to 70% fat), and are also well known to be very healthy.

These examples of high fat diets and the associated excellent health of traditional populations around the world go on and on, yet it seems that many doctors, nutritionists, and government agencies still ignore these facts and continue to promote a diet that restricts fat intake. It's not that their intentions are bad, it's just that everyone has been brainwashed by poor science over the years, when in fact, there really is no hard evidence that **natural unprocessed** fats are bad for us.

The problem that has led to this misconception is that the good fats (the natural, unprocessed, health promoting fats) have gotten mistakenly lumped together in nutritional advice with the deadly processed fats and oils that make up a large percentage of almost all processed food that is sold at your local grocery store, restaurant, deli, fast food joint, etc. These deadly processed fats are literally everywhere and almost impossible to avoid unless you know what to look for and make smart choices in what you feed your body with. Take note that this eBook is not recommending following a super high fat diet. Active individuals that exercise on a regular basis certainly also need adequate

supplies of healthy carbohydrates for energy and muscle glycogen replenishment, as well as good sources of protein for muscle repair. The above examples of the high fat diets of traditional populations and their corresponding excellent health were simply to prove the point that you don't need to be afraid of dietary fats as long as you make healthy natural choices and stay within your daily caloric range to maintain or lose weight (depending on your goals). Following is a list of some of the healthiest fatty foods (some will surprise you!) as well as some of the deadliest fatty foods to try to avoid at all costs:

The Healthy Fatty Food Choices:

- **Coconut fat (and other tropical oils):** Coconut fat is approximately 92% saturated fat, yet surprisingly to most people, is considered a very healthy natural fat. The health benefits of coconut fat lie in its composition of approximately 65% medium chain triglycerides (MCTs). Specifically, about 50% of coconut fat is a MCT called lauric acid, which has very potent anti-microbial properties helping to enhance the immune system. Also, MCTs are more easily utilized for immediate energy instead of being stored as body fat. Coconut oil is also an excellent cooking oil for stir-frying, baking, etc. since saturated fats are much more stable and do not oxidize like polyunsaturated oils when exposed to heat and light, which creates damaging free radicals. The best sources of healthy coconut fat are organic coconut milk, virgin coconut oil, or fresh coconut. Palm oil (non-hydrogenated) is another healthy tropical oil that is highly saturated. Keep in mind that most mainstream health and fitness professionals have been brainwashed to believe that tropical oils are unhealthy. So you will see other health professionals all over the place writing statements such as "avoid saturated fats at all costs" and similar. Come on now. Think about it. A large portion of our natural food supply on this planet is composed of saturated fats, substances that we humans are meant to eat and thrive on. It is only when we humans take natural food and put it through all kinds of chemical and physical processing (that it was never meant to undergo naturally), that it becomes unhealthy.

- **Extra virgin olive oil:** Olive oil is approximately 71% monounsaturated, 16% saturated, and 13% polyunsaturated. Choose "extra virgin" olive oil, which comes from the first pressing of the olives and has higher quantities of antioxidants. Unlike most other oils on supermarket shelves, extra virgin olive oil is not extracted with the use of harmful industrial solvents and is one of your healthiest choices for liquid oils. Try making your own salad dressing by mixing a small amount of olive oil with vinegar. This is healthier than most store bought salad dressings, which are usually made with highly processed and refined (chemically damaged) soybean oil extracted with industrial solvents.

- **Dark, bittersweet chocolate (>70% cocoa content):** The cocoa bean is a very concentrated source of antioxidants and responsible for part of the health benefit of dark chocolate. The fat portion of the cocoa bean (cocoa butter) is a healthy natural fat, composed of approximately 59% saturated fat (mostly healthy stearic acid), 38% monounsaturated fat, and 3% polyunsaturated fat. I'll limit the description of healthy chocolate to ONLY dark bittersweet chocolate with >70% cocoa content. Most milk chocolates are only about 30% cocoa, and even most dark chocolates are only about 50% cocoa, leaving the remainder of those products composed of high amounts of sugar, milk fat, corn sweeteners, etc. Look for a quality dark chocolate that lists its cocoa content between 70%-80%. A dark chocolate with cocoa content in this range will contain mostly cocoa and very little sugar, but still have a mildly sweet taste with a smooth and creamy texture. Keep in mind that although dark chocolate can be a healthy treat, it is still calorie dense, so keeping it to just a square or two is a good idea.

- **Avocados or guacamole:** The fat in avocados (depending on where they're grown) is approximately 60% monounsaturated, 25% saturated, and 15% polyunsaturated. Avocados are a very healthy natural food that provides many nutrients, fiber, and healthful fats, while adding a rich flavor to any meal. Try sliced avocado on sandwiches or in salads or use guacamole in wraps, sandwiches, or quesadillas.

- **High fat fish** such as wild salmon, sardines, mackerel, herring, trout, etc.: Just about any fish or seafood are good sources of natural omega-3 polyunsaturated fats, but the higher fat fish listed above are the best sources of omega-3's. Due to the radical switch to a higher proportion of omega-6 polyunsaturated fats like soybean oil, corn oil, safflower oil, etc. in our food supply during the middle of the 20th century, the average western diet is currently way too high in omega-6's compared to omega-3's, which wreaks havoc in your body. This is where good omega-3 sources like high fat fish, walnuts, and flax seeds can help bring you back to a better ratio of omega-6/omega-3.

- **Nuts** (any and all - walnuts, almonds, peanuts, cashews, macadamias, etc.): Nuts are great sources of healthy unprocessed fats as well as minerals and other trace nutrients. Macadamias, almonds, and cashews are great sources of monounsaturated fats, while walnuts are a good source of unprocessed polyunsaturated fats (including omega-3's). Try to avoid nuts that are cooked in oil. Instead, choose raw or dry roasted nuts.

- **Seeds** (sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, etc.): All of these seeds are great sources of natural unprocessed healthy fats. In particular, flax seeds have received a lot of attention lately due to their high omega-3 content. However, keep in mind that omega-3 polyunsaturated fats are highly reactive to heat and light, and prone to oxidation and free radical production, so freshly ground flax seed is the only way to go. Instead of using the store bought ground flax seed, you can buy whole flax seed and use one of those miniature coffee grinders to grind your own flax seed. Try grinding fresh flax seed into your yogurt, cereal, or even your salad. If you're using flax oil, make sure it's a cold-pressed oil in a light-proof refrigerated container, and use it up within a few weeks to prevent it from going rancid. NEVER cook with flax oil!

- **The fat in organically raised, free-range animals:** This is one area where most people have been misinformed by the mass media. Animal fat is inherently good for us, that is, if it came from a **healthy animal**. Human beings have thrived on animal fats for thousands of years. The problem lies in the fact that most mass produced animal products today do NOT come from healthy animals. They come from animals given loads of antibiotics and fattened up with hormones and fed unnatural feed. The solution is to choose organically raised, free-range meats, eggs, and dairy.

The Deadly Fatty Foods:

- **Hydrogenated oils (source of artificial trans fats):** These are industrially produced chemically altered oils subjected to extremely high pressure and temperature, with added industrial solvents such as hexane for extraction, and have a metal catalyst added to promote the artificial hydrogenation, followed by bleaching and deodorizing agents.....and somehow the FDA still allows this crap to pass as food. These oils aren't even worthy of your lawnmower, much less your body! They've been linked to obesity, heart disease, diabetes, cancer, and more. Even small quantities of as little as 1 to 2 grams of trans fats/day have been shown in studies to be dangerous. For comparison, if you eat a normal order of fries at a fast food joint or any restaurant, you can easily get 5 grams or more of trans fats. Now if as little as 1 gram daily can be dangerous to your health, imagine what you're doing to yourself with 5 grams...and that was only the fries! What about all of the cookies, cakes, chicken fingers, donuts, and other stuff people eat on a regular basis? Some people are getting more than 20-30 grams of trans fats every day and don't even realize that they're slowly killing themselves with this crap. If you care about your health, check the ingredients of everything you buy, and if you see partially hydrogenated oils of any kind, margarine, or shortening, protect yourself and your family by choosing something else. If I were asked to pick one thing that is most harmful to our health that is used in our food supply, it would be the artificial trans fats by a landslide. They are simply THAT dangerous that they must be avoided. In my opinion, artificial trans fats are right up there with cigarettes in terms of negative health effects. Because of the growing awareness and concern over the negative health effects of trans fats, the FDA mandated that all food manufacturers show the quantity of trans fat on all labels starting back in January 2006. However, they can still claim that their product is "trans fat free" or "no trans fat" if it has 0.5 grams of trans fat or less per serving according to regulations in the US. So all they have to do is reduce the serving size portion small enough so that it has 0.5 grams of trans, and they can claim "no trans fat". Don't trust them! You must inspect the ingredients for yourself to know if it's free of hydrogenated oils, margarine, or shortening.

- **Refined oils:** Even if the oils are not hydrogenated, most oils on your supermarket shelves are refined, even most of the so called "healthy" canola oils. Most refined oils still undergo the high temperature, high pressure, solvent extraction, bleaching, and deodorizing processes. Anything labeled vegetable oil, soybean oil, corn oil, cottonseed oil, safflower oil, and even many canola oils have been damaged by this refining process. This damages the natural structure of the fats, destroys natural antioxidants, creates free radicals, and produces a generally unhealthy product. Take note that the explosion of heart disease in the middle of the 20th century coincides quite nicely with the rapid increase in the use of hydrogenated and refined oils in the food supply at that time, while the consumption of **saturated fats has actually decreased** between the early 1900's and present time. Think about that. I think you'll begin to see the real culprit for heart disease...hydrogenated and refined oils, not the natural healthy saturated fats that have received an undeserved bad rap.

- **Anything deep fried:** including tortilla chips, potato chips, French fries, donuts, fried chicken, chicken nuggets, etc. It's all fried in hydrogenated or refined oils...most of the time using cheap oils like cottonseed or soybean oil. All of this crap doesn't even pass as real food in my opinion! If you can actually find something that's deep fried in a non-hydrogenated tropical oil like palm or coconut (which are stable oils under heat), then that might be the only deep fried food that's acceptable. It's unlikely you'll find that these days though.

- **Homogenized milk fat** - Milk fat is a very healthy fat in its natural raw state. Traditional populations around the world thrived in perfect health while consuming huge quantities of raw, non-pasteurized, non-homogenized, full fat dairy products. Once again, food processing ruins a good thing by pasteurizing and homogenizing milk fat, rendering it potentially dangerous inside the human body. Unfortunately, you will find it almost impossible to find raw milk in the US unless you personally know a farmer. Check out www.realmilk.com for more info on the benefits of raw milk and to find out if it's available near you. As an alternative, cultured dairy products like yogurt have at least had beneficial microorganisms added back to them making them better for you. Just watch out for the yogurts that are loaded with refined sugar and high fructose corn syrup. Instead, find one that's just lightly sweetened with honey or real maple syrup, or just use plain yogurt and add your own fruit to sweeten. Realistically, since you probably won't find raw milk, sticking to skim milk is probably the best option. Just keep in mind that a large percentage of the population has difficulty digesting (or has allergies to) cow's milk either due to the lactose for some people, and the proteins for others. If you use butter for cooking, cultured organic butter is the best option.

Healthy Trans (Good) Fats vs. Unhealthy (Bad) Trans Fats

There is a distinction between good trans fats and bad trans fats. There is some evidence that the good trans can help you with fat loss, muscle building, and even cancer prevention, while the bad trans fats have been shown to cause heart disease, cancer, diabetes, and the general blubbering of your body.

You have heard in the news over the last few years about just how bad man-made trans fats are for your health. You definitely know that these substances are some of the worst food additives of all and are found in the vast majority of all processed foods and fast foods on the market today. Many agree that man-made trans fats are right up there with smoking in terms of their degree of danger to your health. After all, they are one of THE MAIN factors for the explosion of heart disease since approximately the 1950's.

In 2006 the FDA has mandate that food manufacturers include the grams of trans fat on all nutrition labels. This means that you can see grams of trans listed on all packages providing you with an easier way to avoid them. With all of the talk about trans fats it is important to know the particulars regarding bad trans fats vs. good trans fats.

The Bad Trans Fats

The bad trans fats referred to are the man-made kind. These are represented by any artificially hydrogenated oils. The main culprits are margarine, shortening, and partially hydrogenated oils that are in most processed foods, junk foods, and deep fried foods. These hydrogenated oils are highly processed using harsh chemical solvents like hexane (a component of gasoline), high heat, pressure, have a metal catalyst added, and are then deodorized and bleached. A small % of the solvent is allowed to remain in the finished oil. This has now become more of an industrial oil rather than a food oil, but somehow the FDA still allows the food manufacturers to put this crap in our food at huge quantities, even with the well documented health dangers.

These hydrogenated oils cause inflammation inside of your body, which signals the deposition of cholesterol as a healing agent on artery walls. Hence, hydrogenated oil = inflammation = clogged arteries. You can see why heart disease has exploded since this crap has been loaded into our food supply over the last 5 to 6 decades. As time goes on, and science continues to unveil how deadly these oils really are, many feel that eventually they will be illegal and banned from use. The labeling laws were just the first step. In fact, certain countries around the world have already banned the use of hydrogenated oils in food manufacturing or at least set dates to phase them out for good.

However, keep in mind that as companies are starting to phase out the use of hydrogenated oils in processed foods, they are replacing them, in most instances, with highly refined cheap vegetable oils. These are still heavily processed oils using high heat, solvents, deodorizers, and bleaching agents. Even refined oils are known to produce inflammation in your body...a far cry from natural sources of healthy fats. Once again, for the best results, your best bet is avoiding highly processed foods altogether and choose whole, natural, minimally processed foods. Your body will thank you!

The Good Trans Fats

Natural trans fats are created in the stomachs of ruminant animals like cattle, sheep, goats, etc. and make their way into the fat stores of the animals. Therefore, the milk fat and the fat within the meat of these animals can provide natural healthy trans fats. Natural trans fats in your diet have been thought to have some potential benefit to aid in both muscle building and fat loss efforts. However, keep in mind that the quantity of healthy trans fats in the meat and dairy of ruminant animals is greatly reduced by mass-production methods of farming and their grain and soy heavy diets. Meat and dairy from grass-fed, free-range animals always have much higher quantities of these beneficial fats.

One such natural trans fat that you may have heard of is called conjugated linoleic acid (CLA) and has been marketed by many weight loss companies. Keep in mind that these man-made CLA pills you see in the stores may not be the best way to get CLA in your diet. They are artificially made from plant oils, instead of the natural process that happens in ruminant animals. Once again, man-made just doesn't compare to the benefits of natural sources.

Now that all of your labels should be listing grams of trans fat, keep in mind that if a quantity of trans fat is listed on a meat or dairy product, it is most likely the natural good trans fats that we've discussed here. Otherwise, if the quantity of trans is listed on any processed foods, it is most likely the dangerous unhealthy fat from artificially hydrogenated oils, so stay away!

[Bonus Site](#)

Making Smart Choices Starts at the Grocery Store

If you don't have junk food around the house, you're less likely to eat junk food. If all you have is healthy food around the house, you're forced to make smart choices. Basically, it all starts with making smart choices and avoiding temptations when you make your grocery store trip. These are just some examples.

Loaded up the refrigerator with lots of varieties of fresh vegetables. During the growing season, get local produce, but obviously in winter, you have to resort to the produce at the grocery store. Make sure you have plenty of vegetables like zucchini, onions, asparagus, fresh mushrooms, spinach, broccoli, red peppers, etc. that can go with eggs. Also keep some lean chicken or turkey sausage and some swiss, jack, or goat cheeses. Coconut milk is another staple for the refrigerator. Use it to mix in with smoothies, oatmeal, or yogurt for a rich, creamy taste. Not only does coconut milk add a rich, creamy taste to lots of dishes, but it's also full of healthy saturated fats. Yes, healthy saturated fats! Healthy saturated fats like medium chain triglycerides, specifically an MCT called lauric acid. Some other staples:

- Cottage cheese, ricotta cheese, and yogurt - mix cottage or ricotta cheese and yogurt together with chopped nuts and berries for a great mid-morning or mid-afternoon meal.
- Chopped walnuts, pecans, almonds, macadamias, etc. - delicious and great sources of healthy fats.
- Whole flax seeds - grind these in a mini coffee grinder and add to yogurt or salads. Always grind them fresh because the omega-3 polyunsaturated fats are highly unstable and prone to oxidation, potentially creating inflammation causing free radicals from pre-ground flax.
- Whole eggs - one of nature's richest sources of nutrients and high quality protein (and remember, they increase your GOOD cholesterol).
- Nut butters - Plain old peanut butter has gotten a little old for me, get creative and mix together almond butter with sesame seed butter, or even cashew butter with macadamia butter...delicious and unbeatable nutrition!
- Salsa - try to get creative and try some of the exotic varieties of salsas.
- Butter - don't believe the naysayers; butter adds great flavor to anything and can be part of a healthy diet (just keep the quantity small because it is calorie dense...and NEVER use margarine, unless you want to assure yourself a heart attack).
- Avocados - love them...plus a great source of healthy fats, fiber, and other nutrients. Try adding them to wraps, salads, or sandwiches.
- Whole grain wraps and whole grain bread (look for wraps and bread with at least 3-4 grams of fiber per 20 grams of total carbs).
- Rice bran and wheat germ - these may sound way too healthy for some, but they actually add a

nice little nutty, crunchy taste to yogurt or smoothies, or can be added when baking muffins or breads to add nutrients and fiber.

- Leaf lettuce and spinach along with shredded carrots - for salads with dinner.
- Home-made salad dressing - using balsamic vinegar, extra virgin olive oil, and Udo's Choice oil blend. This is much better than store bought salad dressing which mostly use highly refined soybean oil (source of inflammation-causing free radicals).

Staples for your freezer:

- Frozen fish - Try a couple different kinds of fish each week. There are so many varieties out there, you never have to get bored. Plus, frozen fish is usually frozen immediately after catching, as opposed to fresh fish, which has been in transport and sitting at markets for days, allowing it more opportunity to spoil.
- Frozen berries - during the local growing season, use fresh berries, but during the other months of the year, keep a supply of frozen blueberries, raspberries, blackberries, strawberries, cherries, etc. to add to high fiber cereal, oatmeal, cottage cheese, yogurt, or smoothies
- Frozen veggies - again, when the growing season is over and you no longer get local fresh produce, frozen veggies are the best option, since they often have higher nutrient contents compared to the fresh produce that has been shipped thousands of miles, sitting around for weeks before making it to your dinner table.
- Frozen chicken breasts - very convenient to cook up for a quick addition to wraps or chicken sandwiches for quick meals.
- Frozen buffalo, ostrich, venison, and other "exotic" lean meats – These are some of the healthiest meats around, and if you're serious about a lean healthy body, these types of meats are much better for you than the mass produced, hormone-pumped beef and pork that's sold at most grocery stores.

Staples for your cabinets:

- Oat bran and steel cut oats - higher fiber than those little packs of instant oats.
- Cans of coconut milk - to be transferred to a container in the fridge after opening.
- Various antioxidant rich teas - green, oolong, white, rooibos are some of the best. Surprisingly, even chamomile tea has been shown to provide important trace nutrients and antioxidants.
- Stevia - a natural non-caloric sweetener, which is an excellent alternative to the nasty chemical-laden artificial sweeteners like aspartame, saccharine, and sucralose.
- Organic maple syrup - none of that high fructose corn syrup.
- Raw honey - better than processed honey...higher quantities of beneficial nutrients and enzymes. Honey has even been proven in studies to improve glucose metabolism (how you process carbs). Use a teaspoon or so every morning in your tea.

- Whole wheat or whole grain spelt pasta - much higher fiber than normal pastas.
- Brown rice and other higher fiber rice - NEVER white rice
- Cans of black or kidney beans - Add a couple scoops to wraps for the fiber and high nutrition content. Also, beans are surprisingly one of the best sources of youth promoting antioxidants!
- Tomato sauces - delicious, and they are a great source of lycopene. Just watch out for the brands that are loaded with nasty high fructose corn syrup.
- Dark chocolate (as dark as possible) - provides loads of antioxidants at the same time. It's still calorie dense, so keep it to just a couple squares. Choose dark chocolate that lists it's cocoa content at 70% or greater. Milk chocolate is usually only about 30% cocoa, and even most cheap dark chocolates are only around 50% cocoa. Cocoa content is key for the antioxidant benefit...the rest is just sugar and other additives.
- Organic unsweetened cocoa powder - mix this into smoothies for an extra jolt of antioxidants or make my own low-sugar hot cocoa by mixing cocoa powder into hot milk with stevia and a couple melted dark chocolate chunks.

Of course, you also can never go wrong with any types of fresh fruits. Even though fruit contains natural sugars, the fiber within most fruits usually slows down the carbohydrate absorption and glycemic response. Also, you get the benefit of high antioxidant content and nutrient density in most fruits. Some of my favorites are kiwi, pomegranate, mango, papaya, grapes, oranges, fresh pineapple, bananas, apples, pears, peaches, and all types of berries.

Make Healthier Choices When Forced to Eat Fast-Food

If you're forced to eat fast-food, here's a tip to make sure that you're not doing much damage to your body...**ALWAYS AVOID** the soda and anything deep fried including french fries, hash browns, and anything breaded like chicken nuggets, chicken patties, or breaded fish sandwiches. These are all absolutely soaked in deadly trans fats from the industrial hydrogenated vegetable oils they use to fry all of these items.

Studies indicating that as little as 1-2 grams of trans fat per day can have serious degenerative internal effects in your body such as inflammation, clogging and hardening of the arteries, heart disease, various forms of cancer...not to mention packing on the ab flab. That's as little as 1-2 grams! Consider that a typical fast-food meal of a breaded chicken sandwich (or fish sandwich), along with an order of fries can contain as much as 10 grams of trans fat! Add on a cookie or small piece of pie for dessert (which are usually made with deadly margarine or shortening), and now you're up to about 13 grams of trans fat with that entire meal. If 1 gram a day is slowly killing you, imagine what 13 grams is doing! And that was only one meal that you ate. Some people are consuming 20-30 grams of trans fat per day, and not even realizing what they're doing to themselves internally. Please realize that nobody is looking out for your health, except for you.

So how do you avoid the most harmful stuff and eat a reasonably healthy meal on the rare occasion that you're forced to eat fast-food. As for drinks, avoid the sodas...they're nothing but chemicals along with heavily processed high fructose corn syrup which will surely end up as extra belly blubber. Water is always the best drink, but if you need something with flavor, try unsweetened or lightly sweetened iced tea. At breakfast, the best choices are an egg, ham, and cheese on an english muffin (not on a croissant, which is full of nasty trans!), or one of those fruit & nut salads. At lunch or dinner, the best choices are a grilled chicken sandwich, the chili, a grilled chicken salad without croutons (again...croutons = more trans), or even just a plain cheeseburger. The main take-away point is that the unhealthiest stuff at these fast food joints are the sodas and fries, and any other deep fried items.

In the movie "Super-Size Me", you saw how eating fast food every day absolutely destroyed that guy's health. But the one guy that was the king of eating big macs (or some kind of burger) almost every day of his life for the past 30 years stated that he almost never eats the fries or soda, even though he eats the burgers every day. And he was not necessarily overweight. That is not to say that fast-food burgers made with their refined white bread and low quality beef and cheese are healthiest thing, but the point is...it's the fries and sodas that are the real health disaster.

Many of the fast food places have started adding a nutrition label so now you can at least be aware what you're eating. Remember that as little as one gram of trans may cause some internal harm and now you can actually see how many grams of trans fat you're eating right on the food wrapper. That might change your mind about finishing it.

We hope you've enjoyed this e-book. We have tried to give you some insider secrets for living a healthy life! Again, feel free to email this e-book to any of your friends, family, or co-workers that you think might enjoy this information. And check out our web site:

http://www.livingwithsolutions.com/weight_management.html