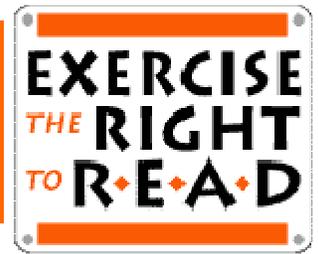


Healthy Eating Starts with Reading!



We've all heard it... we need to eat more fruits, vegetables, whole grains, and lean sources of protein, and a lot less over-processed junk. Duh! The problem is (for most of us, at least) they don't taste nearly as good as that Butterfinger candy bar sitting in the cupboard, calling your name. (*Shh...* Listen! Can you hear it? Right now there's a Hershey's Special Dark chocolate bar screaming for me to come and devour it...) So, if it tastes so good, what's so bad about a candy bar? The answer is on the wrapper. Turn it over and take a look...

A TYPICAL CANDY BAR

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 bar - 2.10oz	Total Fat 11g	17%	Total Carb. 44g	15%
Calories 270	Sat. Fat 6g	28%	Fiber 1g	5%
Fat Calories 100	Cholest 0mg	0%	Sugars 30g	
Percent daily Values (DV) are based on a 2,000 calorie diet	Sodium 120mg	5%	Protein 3g	
	Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 2%

*Contains less than 2 percent of the Daily Value of these nutrients.

Notice... the whopping 11 grams of fat (over half of which are artery-clogging *saturated* fat!). Then, there are 44 grams of carbohydrates (mostly simple carbs, which can lead to insulin resistance, which can contribute to diabetes, which is an increasing problem in kids today). And holy cow! Almost ¾ of those carbs are sugar – 30 grams worth. (This is why a candy bar gives you a short burst of energy, but afterwards your blood sugar level will “crash & burn” causing you to feel slow and lethargic...and craving another candy bar!)

But... what else is wrong with this picture? It's what's *not* there. Let's see... Protein: only 3 measly grams. Fiber: 1 lonely gram. Vitamins: practically zero. And all the other great nutrients that are in healthy foods— anti-oxidants, phytochemicals, amino acids, etc.— are pretty much absent, too.

Plus... if you eat one extra candy bar a day (and don't do anything extra to burn up the additional calories) you would gain one extra pound about every 13 days. (That's if we use the 270 calorie bar shown here as an example – some are much worse.) That adds up to a weight gain of 28 pounds a year! Of course, you can help reduce this if you increase your activity levels to burn off some of the extra calories. But what's that candy bar worth to you? A three mile run? That's what it would take to burn up the additional calories. (Craving a Big Mac? That's a six mile run. Add a medium fries and you're up to ten miles. Wash it down with a large soda and you're up to 13 miles—that's a half-marathon!)

So... if you want to make a change to “healthy eating”, start by reading!

The nutrition label tells you what you what's good...and what's not!

