



Mindful Eating Challenge

Week 4

Can You Say ...

What

Propylene Glycol Alginate. Disodium Inosinate. What is that? If we can't figure it out without Googling it, should we be putting it in our bodies?

For this goal, you will be making, or purchasing, meals that use all natural ingredients and avoiding any food that is processed and/or consists of chemical preservatives. That means eating nothing that comes out of a box, nothing that would never rot and nothing that contains ingredients you don't know the origin of. So make your meals from scratch using fresh ingredients, and read the label of any prepared food you purchase to make sure ALL ingredients are natural and identifiable. A good rule of thumb: if a third grader cannot pronounce it, don't eat it.

How long

Create all fresh, non-processed meals for at least one meal for 3-5 days.

Why

Preservatives can make eating options more convenient (since we don't have to worry about shelf life or often refrigeration of such products) but at what cost to our health? Processed foods often contain large amounts of fat, salt and sugar, all of which have been shown to contribute to obesity, heart disease and diabetes.

Many people also find that their bodies respond better once they begin eating non-processed foods. Many chemicals and additives found in processed, pre-packaged foods have been shown to cause some people digestive discomfort and trigger headaches.

Don't forget...fresh foods and foods in their more natural states retain their nutrients and other health benefits!

Resources

- Article on eating non-processed foods: <http://www.livestrong.com/article/17296-eat-diet-nonprocessed-foods/>
- Understanding Additives: <http://www.livestrong.com/article/199829-preservatives-chemicals-in-the-food-we-eat/>
- WebMD article on the benefits of eating whole foods: <http://www.webmd.com/diet/features/the-benefits-of-healthy-whole-foods>