

Avoid Processed Foods to Stay Healthy, Wealthy, & Wise

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People all over the globe are slowly getting fat, dull, and sick and their regular consumption of processed foods could be the reason. Every time a population adopts a diet high in processed foods, they tend to get sick within years. Human genes normally do not change food habits do often.

REAL V/S PROCESSED FOOD

Fruits we get, from trees, to obtain 'ground meat' we grind meat in a machine, butter is cream that we separate from milk and then churn. In short, most foods, we consume are either mechanically or chemically processed foods. If a product is a single ingredient food with no added chemicals, it does not matter if it is ground or put in a jar. It is still real food. If we chemically process food or solely make it from refined ingredients and/or use artificial substances in its manufacture, then we can term it as "processed food."

Processed foods are usually high in sugar and high fructose corn syrup.

We know that excess consumption of sugar is seriously harmful. Sugar is "empty" calories, giving a large amount of energy but with no essential nutrients. Excess sugar can have devastating effects on human metabolism leading to insulin resistance, increased levels of the harmful cholesterol, increased fat accumulation in the liver, high triglycerides, high abdominal activity and is strongly associated with some of the world's leading killers like heart disease, diabetes, obesity, and cancer. People normally do not use excess sugar in their coffee or on their cereals; but mostly acquire them unknowingly from processed foods and sugar-sweetened beverages.

Processed foods are "hyper rewarding" and lead to overconsumption.

Human nature make all of us want to eat good food. Taste buds help us find the way, as human appetite gravitates towards foods that are sweet, salty, and fatty, believing such foods contain energy and nutrients we need for survival. Human body regulates energy balance requirements working to keep us at a healthy weight. Lot of evidence exists that the reward value of foods can

KEEMAT: July – August 2014

bypass the innate defense mechanism making us eat much more than we need, so that it starts to compromise on our health. We know this as the "food reward hypothesis of obesity."

Food manufacturers will succeed and get people to buy their product, only if it tastes good. Fierce competition among manufacturers, forces them spend massive resources in making processed foods as desirable as possible and so incredibly "rewarding" to the brain, that eventually affect our behavioral thoughts, making us eat more and more until we become sick. Food is good, but foods specifically engineered to be hyper-rewarding effectively short-circuiting our innate brakes against over consumption, are not at all beneficial.

Processed foods contain all sorts of artificial chemical ingredients.

If we look at the ingredients label of most processed, packaged food, chances are that many of the ingredients in there are not actual food but added artificial chemicals. Highly processed foods often contain, **Preservatives**, (Chemicals to prevent rotting), **Colorant**, (Chemicals to give a specific color), **Flavors**, (Chemicals that provide a likeable flavor to food), **Texturants**, (Chemicals that give a particular texture. Processed foods may also contain a dozen additional chemicals, and possibly not in the label list even though true that most of these chemicals pass safety test. Given the regulatory authorities say that sugar and vegetable oils are safe, it is better we consider their "stamp of approval" with a pinch of salt.

Many people can literally become addicted to process junk foods.

The "hyper rewarding" nature of processed foods can have serious consequences as some people can literally become addicted and completely lose control over their consumption. Food addiction is the main reason why some people just cannot stop eating these foods, no matter how hard they try. Studies say, intense dopamine release that occurs in the brain, hijacks their brain biochemistry when eating junk foods. Sugar and highly rewarding junk foods activate the same areas in the brain as drugs of abuse namely cocaine, opium, etc.

Processed foods are often high in refined carbohydrates.

Some people think that the majority of our energy intake should be from carbohydrates, while many others think that we should avoid it. However, everyone agrees that carbohydrates from whole foods are much better than refined carbohydrates. Processed foods are often high in refined carbohydrates. Refined, "simple" carbohydrates are quickly broken down in the digestive tract, leading to rapid spikes in blood sugar and insulin levels leading to carbohydrates cravings a few hours later when blood sugar levels go down again. Eating too much refined carbohydrates is associated with negative health effects and many chronic diseases. Labels like "whole grains" in processed food packages should not fool us, including breakfast cereals, as usually here whole grains have been pulverized into very fine flour and are just as harmful as their refined counterparts are. Carbohydrates from whole, single ingredient foods are any day better than that from processed junk foods.

Most processed foods are low in nutrients.

Processed foods are extremely low in essential nutrients compared to whole, unprocessed foods. In some cases, food processors add synthetic vitamins and minerals to compensate losses during processing. However, synthetic nutrients are not a good replacement for the nutrients found in whole foods. Real foods also contain thousands of trace nutrients that science is just beginning to grasp. The only way to get them in our diet is to eat whole, unprocessed foods. The more we eat processed foods, the less we will get of vitamins, minerals, antioxidants, and various trace nutrients.

Processed foods tend to be low in fiber.

Soluble, fermentable fiber has various benefits. It functions as a probiotic, feeding the friendly bacteria in the intestine. There is evidence that fiber can slow down the absorption of carbohydrates and help us feel more satisfied with fewer calories. Soluble fiber can also help treat constipation, a very common problem. Ironically, natural fiber found in foods is often lost during processing, or intentionally removed.

It requires less energy and time to digest processed foods. Food manufacturers want long shelf life for their processed foods. They also want every batch of the product to be consistent for easy consumption. Processed foods are often very easy to chew and swallow, sometimes melting in our mouth. Isolated nutrients do not resemble the whole foods they come from. One consequence of this is that it takes less energy to eat and digest processed foods. We can eat more of them in a shorter amount of time (more calories in). We also burn less energy (fewer calories out) digesting them than we would if they were unprocessed, whole foods. In one study healthy men and women compared the difference in energy expenditure after consuming a processed v/s a completely foods based meal. They ate a sandwich, either with multi-grain bread and cheddar cheese (whole foods) or with

white bread and processed cheese (processed foods). The study reveals, that people burnt double the amount of calories digesting the unprocessed meal. The Thermic Effect of Food (TEF) is a measure of how many different foods stimulate energy expenditure after eating. It totals about 10% of total energy expenditure (metabolic rate) in the average person. According to this study, people who eat processed food will cut their TEF in half, effectively reducing the amount of calories they burn throughout the day.

Processed foods are often high in trans fats or processed vegetable oils. Processed foods are often high in unhealthy trans fats, refined seed, and vegetable oils that often hydrogenated containing fats. Vegetable oils are extremely unhealthy and most people are eating way too much of them already. These fats

contain excessive amounts of Omega-6 fatty acids, which can drive oxidation and inflammation in the body. Several studies show that when people eat more of these oils, they have a significantly increased risk of heart disease, now the most common cause of death. Hydrogenated (trans) fats are among the nastiest, unhealthiest substances we can put into our body. The best way to avoid artificial oils and trans fats is to avoid processed foods. Eat real fats like butter, coconut oil, sesame oil, mustard, sunflower oil, etc., instead.

EAT REAL MEAL, NOT JUNK FOOD!

When we replace real or true traditional foods like oil, butter, meat, and vegetables with processed junk foods, we will only get fat, dull, and sick. Real food is the key to good health, processed food is not.

