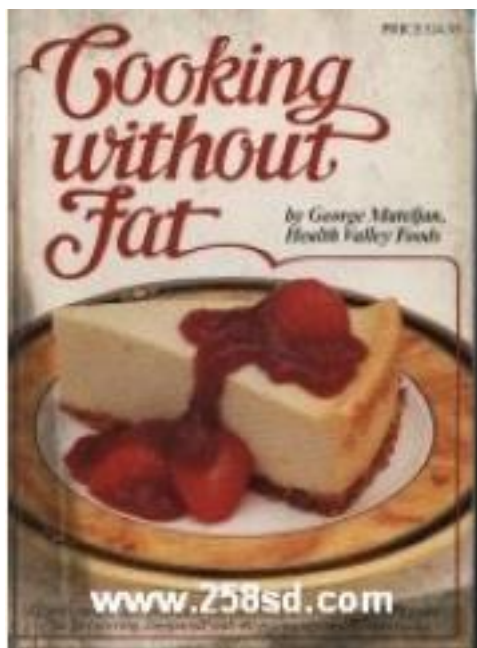# Cooking Without Fat

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著者:

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COOKING WITHOUT FAT-A PERSONAL JOURNE~
My Love Affair with Food
Food has always been a focal point for every society. It not only gives
us
nourishmentï¼Œ it s also the cornerstone for most social interaction. One
of the
first ways a mother expresses her love for a newborn is by giving it
nourishment.
Traditional family life involves gathering around the table
for meals together.
Virtually all holidays have their own special foods
associated with themï¼Œ as do
special events: weddingsï¼Œ birthdaysï¼Œ anniver-
saries. Even many religious
services involve food in their ceremonies.
 Yetï¼Œ in spite of how important food
is in our livesï¼Œ people pay little real
attention to it. Food choices are based on
convenience and tasteï¼Œ rather
than on nutrition. Many still don t see the
connection between what they
eat and their health.
 The reason I m so aware

of the relationship between food and health is
because of my personal experiences. As a childï¼Œ I seemed to have one
health problem after another. It wasn t until I was a young adult that I
decided to do something positive about it. I read everything I could get
my hands onï¼Œ until I realized that by changing the way I ate and livedï¼Œ I
could also change from being sick to being healthy. I discovered firsthand
that the key to controlling my own health and well-being was with diet and
nutrition. As a resultï¼Œ I feel better now than I ever have.
Because of the dramatic difference I experienced in my own healthï¼Œ I
take food very seriously. In factï¼Œ the whole reason I started Health Valley
back in 1970 was because I simply couldn t find the kinds of good tastingï¼Œ
convenientï¼Œ nutritious foods I wanted for myself and my own family. I
pledged over 20 years ago to make only the kinds of wholesomeï¼Œ nutri-
tious foods I wanted to eat myself. I m proud to say I have never wavered
from that commitment.
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