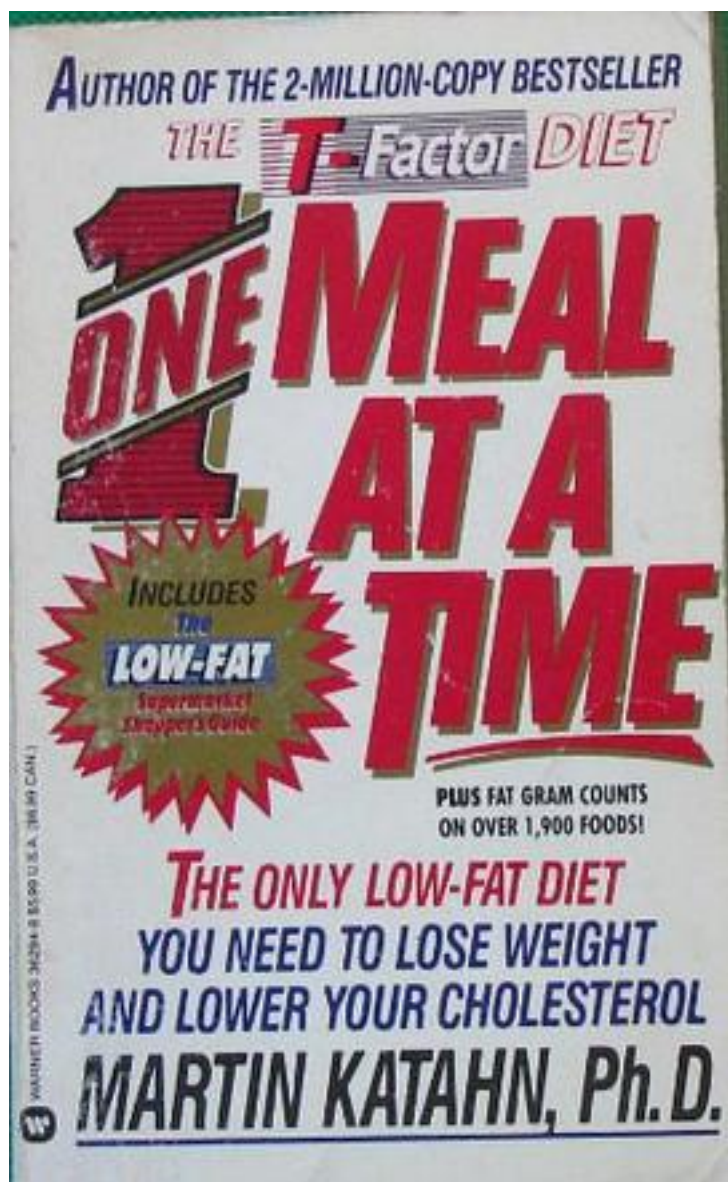


One Meal at a Time



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著者:Martin Katahn

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; to summarize me recent
~ i¼E tween your diet and your
aa do a great deal
to change
aod of obtaining many extra
ra years of life itself.
~llow my
recommendations
i¼E
~i¼E ~c ~x ~ -gx>~ .~x~ ~\"~\"i¼E a~~
an w~a
m~cee 8 ch~eee/
omeone else. This is espe-
g to do with food selection
friends. You do a great deal
~everyone close to you
easily
ieal at a Time
program.
ngs that go along with good
t thought about them lately:
~r
fatigue caused by what
ated to your life s purposes
3rig with an avoidable
illness.
:ontinued enjoyment of your
l activity.
your care or financial
support.
weight gain
nausea
impo-
i om the drugs you might
have
SS.
ome others.
payoff
but the One Meal at a
alth taste
good
too.
The Scientific
Background
I really need to hammer this
point home:
Too much fat is the greatest hazard in the American diet.
Too
much saturated fat is the primary dietary culprit !n
heart disease. Too much fat of
any kind is associated with
certain cancers
including colon
prostate
ovarian
breast
and endometrial cancer. Obesity
obviously caused by
taking
in more energy than
i¼E i¼E bve expendi¼E is almost always caused
by
too much fat in th~i diet and almost never by too much
carbohydrate or
prote~. Obesity in turn is related to hyper-
tension
gallbladder [lisease
and non-insulin-dependent
diabetes.
Look at the health-related figures! on
the next page for
people in the United States:
~These rounded figures are
based on information obtained from a number
of different sources
including
the National Center for Health Statistics
the
American Cancer Society
the
National Research Council report \"Diet and
Health
\" and published research
articles on the different illnesses. They
include an estimate of cases undiagnosed
in diabetes and gallbladder
disease. Estimates of the overweight include children
and adolescents
as
well as adults
and are based on recently relaxed
and controversial
guidelines. Many experts believe that the number of people
in this country
who are overweight to the point where it presents a potential
health hazard
may be closer to 60 million rather than 50 million.
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