Bon Appétit

JACQUELYN LOI Staff Writer

The popular phrase "Don't judge a book by its cover" applies to food as well. Many types of food that are considered "healthy" are in fact not; this plays a huge role in the increasing number of health problems that people experience today. In the food industry, many companies use different tactics to draw in and keep customers. Therefore, we should utilize various ways to identify the foods that are truly healthy so that it will not be a risk to our health. We should also be wary of the methods companies use to attract customers.

Tricks and Traps of Treats

JENNY LEE Features Editor

It is no secret that the food industry suspiciously hides facts from the public; key ingredients coupled with their treacherous tactics are only a few things that they hide.

Countless food products have an overabundance of salt because studies by scientists from Australia and the Duke University Medical Center have shown that salt increases the susceptibility of the brain's "pleasure center." Lean meat is usually less juicy, so some manufacturers "enhance" it by injecting a liquid solution that raises the sodium level.

Genetically, humans are prone to love sugar, so companies also put excessive amounts of it into their products. Diet soda has fake sweeteners that causes weight gain, so beware of the word "diet," or even "fruit" because most "fruit" drinks are stripped of healthy fruits and contain mostly sugar.

A study by Coca-Cola in 2005 also revealed that customers tend to move counterclockwise through supermarkets, from back to front, so food companies specifically purchase slots in stores that raises the chances of consumer purchases.

Suspicions only escalate when labels claiming "no trans fat!" because trans fats are exempt from being listed if they total to 0.49 grams or less. With food comes a legion of issues that only seem to pile upwards. These problems remind us that we should lessen our unhealthy intake and consume more organic substances that might be just as delectable and are much healthier.

Misleading Meals

SHELLEY LIN Staff Writer

Nutrition Facts

Numerous people eat certain foods believing that they are healthy because they are fat-free, multi-grain or made of wheat, but this might be misleading. Customers ignore the real labels, causing them not to receive the full nutritional benefits.

Many people also eat trail mix as a snack during school or work, believing that it is beneficial to their health. However, variety leads to different results. A few versions of trail mix are filled with candy-coated pieces, yogurt-covered raisins, sesame sticks and deep-fried banana chips. This combination can cause a person to gain around 600 calories of sugar, a large amount of trans fat and refined carbohydrates. On the other hand, healthy trail often made with just nuts, dark chocolate and a few dried apricots.

"Fat-free" labels on cookies and cake boxes can also be deceiving. Countless people are misled by this information, thus believing a sham. Sugar actually replaces fat in the products, so there is a high number of calories.

According to the American Society for Clinical Nutrition, studies have discovered that the effects of trans-fatty acids can be a risk of coronary artery disease. For example, foods or drinks, such as granolas, pre-made smoothies and frozen yogurt are mistaken as healthy. The next time you go to the supermarket, carefully read the nutrition labels to become an informed consumer.

Sweets and Fat- Don't Eat That!

BRIANA THAI Staff Writer

Nearly 66 percent of American adults are obese and 8.3 percent have diabetes. Despite the attention of health professionals, the media, the public and mass educational campaigns, obesity is still common in the U.S., doubling over the past four decades.

According to the International Diabetes Foundation, of all the people diagnosed with Type II diabetes, about 80 to 90 percent of them are also diagnosed with obesity. Understanding some of the causes of the disease will allow us to prevent it in the future.

Being overweight places extra stress on a person, which hinders the body's ability to preserve proper blood glucose levels. Being overweight can cause the body to become immune to insulin. Insulin is a hormone that lowers the level of glucose (a type of sugar) in the blood. Those with diabetes need to take extra insulin to get sugar into their cells.

However, do not lose hope! Obesity and Type II diabetes are 100% preventable. Individuals should aim for a healthy, balanced and varied diet. In addition, the right amount of physical activity per day is crucial as well. Limiting the amount of inactivity is important to prevention. Finally, encouraging a healthy and active household not only helps you, but it can also help your family.

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