Fed Up video notes

For the first time in the history more people will die from ___________________ than starvation.

Brady says: “I look at my weight as if I’m failing – others look at me as just another fat kid.”

Be careful how you judge others. Choose kindness, you don’t know their struggles.

A calorie is not a calorie. Explain why:

Be careful when reading research. Who funded the research? Some soft drink companies fund obesity research.

Soda increases the obesity rate by ________ %. ___________________ calories are a problem. Cut back or eliminate soda and other sugary drinks.

Because of the types of foods we eat, our brain sometimes doesn’t register that we are full or satisfied. Typically this happens with diet or artificially sweetened foods.

Low fat, diet foods and sodas make people eat __________________________. 

There is some _____________________ predisposition to weight gain.

In 1980 we had ____________ cases of Type 2 Diabetes in adolescents; in 2010 we had 57,638 cases.

When you take out the fat, sugar is added. So, low fat, no fat is not necessarily healthier.

Americans have __________________________ the amount of sugar they use to eat.

Fructose (the most common type of sugar in foods) is processed by the liver. When the liver is pushed to the max, the pancreas comes to the rescue by making large amounts of insulin. (Insulin is the energy storage hormone). **Insulin turns sugar to fat for storage.**

___________% of food items have added sugar.

All sugar is absorbed the same, the name doesn’t matter. (Sucrose vs. fructose vs. honey etc.)

Because of the amount of processing (changing food from its natural form); you can eat a bowl of sugar with no added corn flakes or you can eat corn flakes with no added sugar. It’s the same in the body.

Fruit is good, fruit juice- not as good. It raises blood sugar levels like all sugar does. It’s the accumulation of sugar over time - that is the problem.

**Recommended sugar is _____________ teaspoons (24 grams to 36 grams) a day.**

**Most Americans eat _____________ teaspoons (164 grams) a day.**
Science has shown that sugar is _________________. Cocaine addicted rats chose sugar water over cocaine.

So if we start our babies early on sugar, the more likely they will become addicted to sugar.

Born after 1980, you have been surrounded by these addictive foods. Snack food is everywhere. Junk food is at gas stations, stationary stores, clothing stores, electronics stores, etc. You literally can’t avoid it.

If it is addictive, it will be hard to resist. **We, as a nation, are putting our kids at risk for profit!**

**In 2002, the WHO stated that sugar is a major contributing factor in chronic disease. It was suggested that no more than __________% of daily calories should come from sugar.**

The food industry is changing how they make food; however, junk food is junk food even if it’s less junky!

Beginning cost of bariatric surgery is $10,000. (30% regain the weight in 24 months) Wouldn’t it be cheaper for insurance to cover a Nutritionist coming to our homes and paying a personal trainer for a period of time? What is the problem with this idea?

What is a TOFI? ____________________________________________________________

Basically, skinny TOFIs are plagued with visceral fat, which surrounds their organs, infiltrates their underused muscles, and wraps around their hearts. It’s the same “bad” fat that can cause insulin resistance, diabetes, and heart disease.

Some thin people have the same metabolic functions as an obese person; it just doesn’t show up in their weight.

**If we keep eating at the rates we are currently eating- it is estimated that __________% of Americans will be overweight by 2050 and 1 in _________ people will have Type 2 Diabetes.**

The World Health Organization has issued a call for a 50% reduction in sugar consumption.

**Take the Fed Up challenge.** It’s time to get real about food.

- Try a 10 day sugar detox (or 5 or 4 or 1)
- Avoid processed foods
- Stay away from ingredients you don’t recognize
- Remember: sugar hides in lots of places: salad dressing, cereal, yogurt, bread, chips, granola bars etc.
  Read labels!

**My Fed Up Challenge will be to:**