

A smiling woman with long blonde hair is shown from the chest up, wearing a teal shirt. She is holding a large, shallow wooden bowl filled with fresh green beans. The background is a plain, light color.

Healthy Eating Secrets Guide *for Moms*

Healthy Eating Secrets Guide for Moms

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Healthy Eating Secrets Guide for Moms

Congratulations on downloading this Special Report. Doing so means you're a mom who is concerned about what she is eating, and you want to be the best, healthiest and most energetic *you* possible. That means you've already won half the battle, nutritionally speaking!

And the good news is, it doesn't matter whether you downloaded "*Healthy Eating Secrets Guide For Moms*" because you are concerned about food additives, just need a little more energy, have finicky kids who won't eat, or you're trying to lose weight or eat healthily during pregnancy – there's something in this report especially for you!

So before we go any further, let's narrow down your eating goals – and challenges.

Which Of These Moms Are You?

A. You're a certified nutritionist and avid organic gardener. You grow much of your own produce, calculate your family's protein, vitamin and mineral needs to the last milligram, eat a lot of raw foods, create every meal from scratch – and never, ever eat junk food.

B. Eating healthily is a priority for you, and you always make sure your family enjoys lots of fresh vegetables and fruits, along with whole grain cereal products and adequate protein.

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C. You eat healthily as often as you can – but your schedule is so busy that take-out food is part of your lifestyle. And you do have one or two little food passions – like Cappuccino or chocolate – that you just can't give up completely.

D. You'd love to eat more organic – or even just plain fresh food – but you just can't afford it. You do your best to make sure the kids get what they need, but you have to admit there are more French fries and Mac-'N'-Cheese dinners than you like.

E. You guiltily buy vegetables and fresh fruits, but you throw out more than you eat. Let's be honest – your favorite food group is refined carbs and sugar. You mean to eat healthily – you're just so exhausted all the time, it's much easier to give yourself a quick boost with a cup of coffee and a cinnamon bun than it is to prepare a healthy salad with tuna.

If you rolled your eyes, or laughed at "A", you're not alone. (No disrespect to those amazing few moms who are lucky and passionate enough to be certified nutritionists or master organic gardeners!) (And let's face it – if you're a Type A, you're probably not reading this report, anyway, are you?)

The fact is, most of us would like to be A or B, but fall somewhere in the range of C, D or E. If you have a particular challenge – lack of energy, weight gain, digestive difficulties, allergies or food sensitivities – you may be missing part of the puzzle. So before we get down to looking at what to do right, let's check out those pieces you may be missing...

Very Bad Things

You can eat the healthiest and freshest-seeming food in the world, and unwittingly be doing yourself a great deal of harm, in a variety of ways.

Plastic And Microwaves – Plastic containers stamped with a #1-6 recycling symbol may not be safe for microwaving your food. Why? Heating softer plastics causes chemicals like DEHA (di(ethylhexyl)adepate) to seep into your food.

FIX: Don't "economize" with cheap plastic wraps. Look for brands like Saran Wrap, which have removed PVC's from its plastic wrap. (And while there's no strong evidence to show serious health risks, common sense – as well as a multitude of health experts – should advise you not to let plastic wrap actually contact the food you are heating.

If you *must* use a plastic container, make sure it says "microwave safe" on the bottom – this will mean it has a recycling grade of #7 or higher – hard plastic, with much less risk of migrating chemicals into your food. The best idea, however, is to microwave-heat your foods in glass, [Corning Ware](#)™, [Pyrex](#)® or any microwave-proof ceramic or glass container.

Cooking Utensils – Fortunately aluminium pots are not as common as they used to be – but almost every pot you see nowadays is a “non-stick” coated pan. This non-stick coating has been linked to cancer – especially if it gets overheated. (Teflon-type non-stick pans were never meant to be used at anything more than low-medium heat.)

FIX: Try switching to heavy stainless steel or cast iron pots, next time you’re ready to purchase new cooking pots. And if you’re stuck with your “old” ones for now, remember that “non-stick” coating should only be heated as high as medium heat or lower – *never* higher.

Pesticides – While the FDA does conduct studies and monitor foodstuffs produced in or imported into North America, there’s a *reason* more and more children are suffering from food sensitivities, asthma, “allergies” and gluten intolerance (almost unheard of, in our grandparents’ day).

In spite of more diligent controls, food can still be laden with harmful or questionable toxin residue. The FDA seems to be upgrading its website, so many reports on specific foods were not available at time of writing. You can, however, access the main page of the FDA’s studies [Metals, Chemical Contaminants & Natural Toxins](#). One glance just at the headlines will tip you off to such potential problems as candy suckers (lollipops) from Mexico, benzene in soft drinks, mercury in shellfish warning for pregnant women, and more.

Apart from pesticides, there are other chemical practices one has to watch out for nowadays, such as the process used to ripen fruit coming from far away. It's often picked while still green, and ripened chemically with gas – a relatively “new” practice. Those who were around 30 years ago may have told you that the apples and pears available for consumption in supermarkets nowadays are practically inedible compared to the way fruit used to be. It's true.

The sad truth is, those of you who are under 20 years old have most likely never known anything else but the hard, indigestible fruit you so often buy at supermarkets nowadays.

FIX: Buy organic. And if you can't buy organic, at least buy local. Farmers in your area may still use pesticides – but at least the fruit or vegetables will be a lot fresher, and you won't have to worry about fruit being ripened with gas.

Trans Fats Demystified – Trans fats are commonly held to be the single worst nutritional curse of North America – and one of the three main food-related reasons why North Americans are statistically more obese now than they were even 20 years ago. We use oil-saturated foods at a staggering rate unknown to our ancestors.

Trans fat occur naturally in very small amounts in animal products - but the trouble with fat sources really began when U.S. manufacturers *chemically changed* ("hydrogenated") the vegetable oils to give them a longer shelf life (the same reason cosmetic companies load their products with carcinogenic parabens and dioxins) - that is the REAL nasty truth about margarine.

The FDA, National Academy, National Heart, Lung And Blood Institute AND the American Heart Association got concerned about it, and all 4 organizations as a result publicly recommended that people limit their trans fat intake. So in 2006, the federal government passed regulations that ***all food labels had to disclose how much trans fat they used.***

In 2003, butter came up as having 17% saturated fat, compared to "I Can't Believe It's Not Butter", which had 15% (the highest of the margarines - but still lower than butter). To compare: Parkay Margarine 8%, Fleischmann's 14% and Blue Bonnet 14%, Imperial and Country Crock both 10%.

So butter has the highest rate of saturated fats... but butter also has ***ZERO*** trans (hydrogenated) fat - whereas "I Can't Believe It's Not Butter" came in at a whopping 4.5g. The others ranged from 1.5g trans fats to 3g.

Because butter is an animal fat, it contains as much as 30mg cholesterol per tablespoon (that's 10% of the USDA daily allowance.)

Margarines **do not** contain cholesterol. So in that way, they actually **are** healthier than butter – *if* high cholesterol genetically runs in your family.

Since 2006, margarine manufacturers have radically changed their products. "I Can't Believe It's Not Butter" now has **zero trans fat**, and its polyunsaturated and saturated fats have dropped.

Both substances - butter and margarine - are not ideal. Butter is higher in saturated fat than any margarine, which means it's loaded with cholesterol. Margarine contains polyunsaturated fats - considered generally healthier. (Butter has none).

It's worth noting that **margarines that state they are "trans fat free"** are allowed to do so ONLY after strictly controlled empirical, independent testing.

The reason margarines don't spoil compared to animal fat (butter) has nothing to do with "plastic" - it's simply because vegetable oils are way less susceptible to bacteria and fungus than dairy fats.

Butter's big advantage is its naturalness. Margarine's is being cholesterol free and lower in saturated fats. Specifically, choose soft (liquid or tub) margarines over harder, stick forms made of canola or olive oil. They also advise limiting intake of saturated and trans fats to **less than 10% of total calories**. (This to most people would just be common sense!)

The best oil to cook with? Olive oil. (But make sure you don't heat it at temperatures past medium heat.)

FIX: The American Heart Association's most recent final word?
Don't go overboard on either butter or margarine!

Additives And Allergies

Food Additives – Moms nowadays have to worry not only about what the additives are made from, but also *how* they are processed – it can really affect the harmlessness (or harmfulness) of the final ingredient. And there is no good way to tell how it was manufactured.

FIX: Again – buy organic, if possible. Do all your shopping around the outside aisles of the store – that’s where you find the freshest items. The inside aisles contain packaged stuff, pre-made mixes (loaded with additives and chemicals) and “junk” food, often high in sugar or trans fats.

Allergies – It’s true. Thirty years ago, it was rare to hear of a child with asthma or an allergy; let alone a life-threatening anaphylactic-shock producing allergy. Nowadays, peanuts are universally banned from schools as a matter of course; and it seems as if every third child uses an inhaler. (And now sesame seeds are going the same way as peanuts, with ever-increasing numbers of children developing severe allergic reactions to them.)

Undoubtedly air pollution has as much to do with the increase in asthma and allergies as anything else. But many suspect certain food additives can also be squarely blamed.

In my own case, in the 1990’s, I started developing shortness of breath every time I ate certain foods. By a process of elimination, I narrowed it down to maltodextrin, a product made from potato starch that’s added to everything from soups to some herb teas. There was no conventional allergy test for maltodextrin – but I tested it out to my satisfaction, including “blind” tests administered by friends and family.