It's World Food Day – 16 October
Is the food we eat killing us?

Since World War 2 food production has become industrialised and mass-produced. The manufacture of food has produced an abundance of tasty, high-energy food, faster and cheaper. This processed, higher-calorie food is cheaper than fresh food - meat, vegetables and fruit.

The downside to the industrialisation of our food is it's making us overweight and unhealthy!

Food has become just another consumer product, where food manufacturers are fighting for the consumer dollar.

Our fast-paced lifestyles have feathered the food industry's nest. It plays on our need for instant gratification, serving up convenient, tasty food, high in energy for quick consumption at home or at fast food eateries. The trouble is our lifestyles - work and leisure tend to be sedentary, we're not very physically active and don't use the energy we eat, so we store it as fat.

Health research hasn't helped. In the seventies and eighties animal fats were said to contribute to heart disease and we lowered our consumption. The food industry needed to make our food tasty and so they increased the salt and sugar levels. In the nineties salt was identified as a contributor to high blood pressure, heart disease and stroke. The food industry responded by reducing salt and adding more sugar to make food tasty.

Adding 'white death" (refined sugar) is contributing to the obesity and diabetes epidemic.

To have a healthy diet start cooking again with local, in-season, fresh fruit, vegetables and meat or fish. Follow this link for tips on a healthy diet.
https://www.healthinfo.org.nz

If you need some help to lose weight, cook or manage diabetes our friendly dietitians can help.

Just contact us

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