C

Dangers of the Modern American Diet

MAD

Curtis Albin

Calbin@knusd331.com

Lesson Development

Assignment #13-B

(The hook) Cool Thing: Corn discovered by Columbus and taken back to Europe is the beginning of this cult following…. Nixtamilation was not understood this leads to a vitamin B3 deficiency causing Pellagra. We became vampires.

MAD? Modern American Diet. How has corn effected our society and our diet? HFCS (High Fructose Corn Syrup) is the most prevalent “nutrient” in our foods. The mechanization of our agriculture as well as advances in chemical technology has allowed for farmers to grow tremendous amounts of corn! Because of this companies have developed hundreds of uses for corn products. The most significant though has to be HFCS. In this lesson, we will discuss and debate the reason for our diets to have sugar, pop and French fries.

Why are we conditioned to eat more sugar than 50 years ago? Did you know that the average American will eat over 150 pounds of sugar in a year! As they say you are what you eat, so that is why some of you think you will melt in the rain! It has been proven that lab rats are more addicted to sugar than heroin. Sucrose, the sugar that we eat is made 50/50 of glucose (cell respiration: Ok) and fructose (converted by the liver into triglyceride).

Which of these two sugars do you think our body uses first? (glucose)

What happens if you do not use all of the sucrose? (triglycerides)

How much sugar do you eat daily? Are you sure? (rhetorical)

What is the reason that we are able to eat so much sugar? (modern farming and transportation efficiency)

How many pounds of sugar did people in the 1800s consume per year? Why?

Pop or Soda or Coke? Where you live may determine what it is called, but we all have instant access and it is cheap enough that we drink way too much of it. The most successful marketing strategies in the history of business have been made by Coca-Cola and Pepsi. Pop used to be produced with real cane sugar 50/50 sugar (i.e. Throwback). Now it is made with HFCS, remember what the body does with fructose, produces triglycerides which become visceral fat.

Do you think that the HFCS and the advent of the Big Gulp or Thirst Buster may explain why our country has become obese?

Why did soda/pop manufactures switch to using HFCS instead of cane sugar?

When considering fitness and athletic performance how do you think pop affects you in an adverse way?

How many ounces of pop do you drink on average in a day? When did pop become the beverage of choice at all restaurants? Why?

French Fries? Potatoes that are fried in oil? What kind of oil? All oils are made of fats, however not all fat is created equal! Many of you have heard that fish oil is good for you and it is for the most part. Fish oil is an example of Omega 3 fat. Another type of oil is Omega 6 fat. It is necessary for your body to have both; however they must be in balance. Today most of the oils (fats) we ingest are the Omega 6 fats. French fries or any fried food for that matter goes further to create an imbalance. How much Omega 3 oils do you ingest? Do many of you eat fish very often? You can also get Omega 3s from Grass fed milk, butter, cheese, and of course wild caught fish.

Why do we overdue the Omega 6 oils and show large deficiency in Omega 3s?

How many times that you go out to eat is the common side French fries?

When we find ourselves deficient in an area what do we do? Supplements? Are they good? Do your bodies respond to them?

Assignment:

For three days, you are responsible for a “FLASH DIET”. The idea here is to use your digital camera (cell phone) to take a picture of whatever you eat. If it comes from a box or package you should also take a picture of the nutritional information and note the number of serving sizes that you ingested.

Questions to consider:

How many ingredients are present in this?

Which ingredient is listed first?

How many foods did I eat that had HFCS listed in the ingredients?

When did I eat the best? Worst?

Sugar, Pop and Fries? How often did I eat them or even have them offered as an option?

Assesment:

Make a digital collage of pictures of your meals. Assign the following labels to the pictures: healthy, unhealthy or diet neutral. Justify why you think they are such.