

## **2<sup>nd</sup> OPINION**

A weekly commentary by Ken W.Goewey based on current information gleaned from personal research . Feedback welcome! [kgoewey@gmail.com](mailto:kgoewey@gmail.com)

**GOOD FOOD** BAD FOOD [www.wellnessjourney.org](http://www.wellnessjourney.org)

In eating our favorites, our cells lack nutrition.

Here's five of the worst:

DOUGHNUTS. Lots of sugar, white flour, 35/40% trans fats. 200-300 calories ***DRINK A GLASS OF JUICE.***

SODA can=10 teaspoons sugar, 150 calories; 30-55 mgs caffeine Even diet linked to osteoporosis, obesity, tooth decay & heart disease. Drinking 56 gal./year depresses appetite & immunity.

***DRINK WATER.***

FRENCH FRIES =simple sugars=glucose spikes insulin/depresses immunity. TRANS FATS @ high temps (even vegetables) creates ACRYLAMIDE carcinogen and can cause clotting, (strokes), joint inflammation, mucous & obesity.

***HAVE A SIDE OF SALAD/FRESH FRUIT.***

CHIPS (Corn, Tortilla, Potato) high TRANS FATS cooking oil=ACRYLAMIDE carcinogen plus other diseases.

***CRUNCH CARROTS/CELERY.***

FRIED SEAFOOD = shrimp, clams, oysters. Frying=ACRYLAMIDE plus TRANS FATS, mercury and possible parasites/viruses, high heat may not kill. Farmed fish feed a concern

***EAT FRESH CAUGHT FISH/SALMON***

***Our bodies need good nutrition beyond our favorites.***