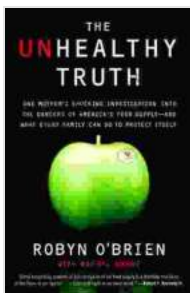


# How Our Food Is Making Us Sick And What We Can Do About It

The way we produce and consume food is making us sick. We're eating too much processed food, sugar, and unhealthy fats, and not enough fruits, vegetables, and whole grains. This is leading to a rise in obesity, heart disease, diabetes, and other chronic diseases.



## The Unhealthy Truth: How Our Food Is Making Us Sick - And What We Can Do About It by Robyn O'Brien

★★★★☆ 4.6 out of 5

Language : English  
File size : 1432 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 354 pages



The good news is that we can make changes to our diet and lifestyle to improve our health. By eating more healthy foods and getting more exercise, we can reduce our risk of developing chronic diseases.

### Here are some simple steps you can take to improve your diet:

- Eat more fruits and vegetables. Aim for at least five servings a day.
- Choose whole grains over refined grains.
- Limit processed foods, sugary drinks, and unhealthy fats.

- Cook more meals at home so you can control the ingredients.
- Read food labels carefully and choose foods that are low in sodium, saturated fat, and added sugar.

**In addition to making changes to our diet, we also need to get more exercise.**

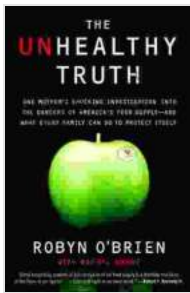
Aim for at least 30 minutes of moderate-intensity exercise most days of the week. This could include walking, biking, swimming, or playing sports. Exercise helps to burn calories, build muscle, and improve our overall health.

By making these simple changes to our diet and lifestyle, we can reduce our risk of developing chronic diseases and improve our overall health. So what are you waiting for? Start making healthy choices today!

**Here are some additional tips for eating healthy:**

- Plan your meals ahead of time so you're less likely to make unhealthy choices when you're hungry.
- Pack healthy snacks to take with you when you're on the go.
- Make small changes to your diet gradually so you're more likely to stick with them.
- Don't be afraid to experiment with new recipes and ingredients.
- Find a support group or talk to a registered dietitian if you need help making changes to your diet.

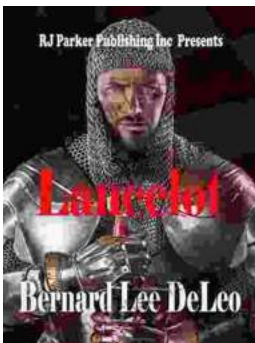
**Making healthy choices doesn't have to be difficult. By following these simple tips, you can improve your diet and your overall health.**



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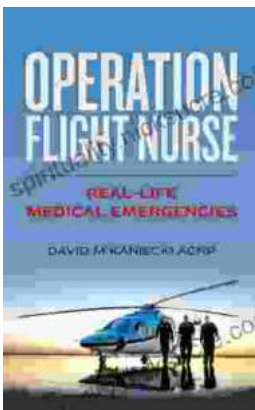
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