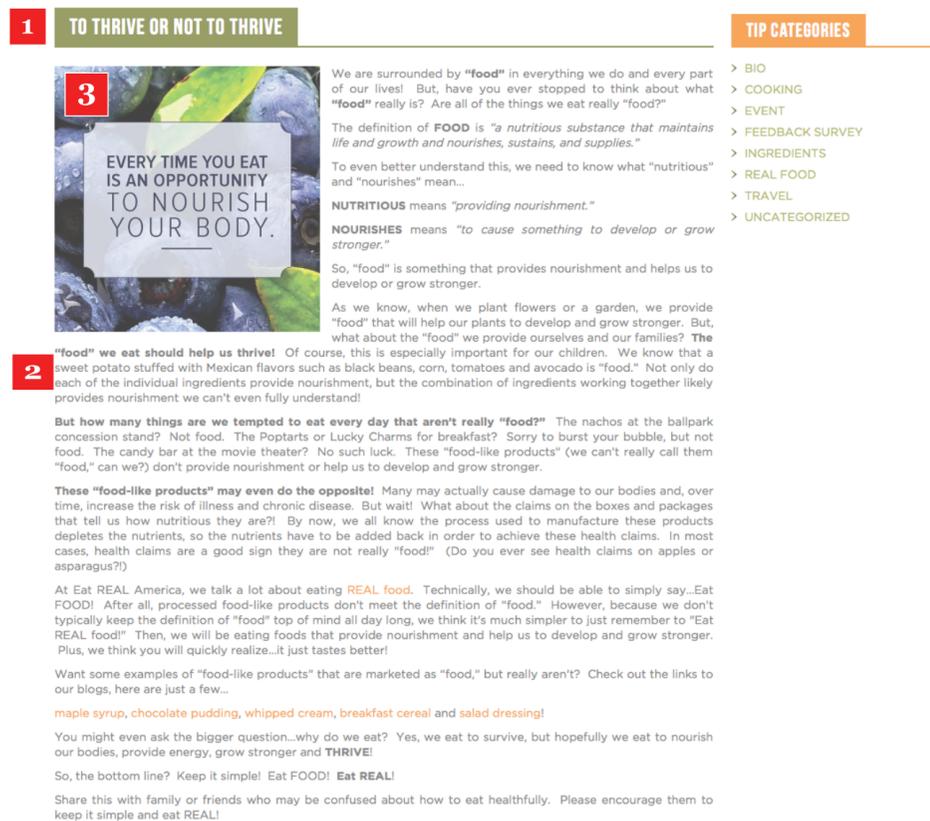
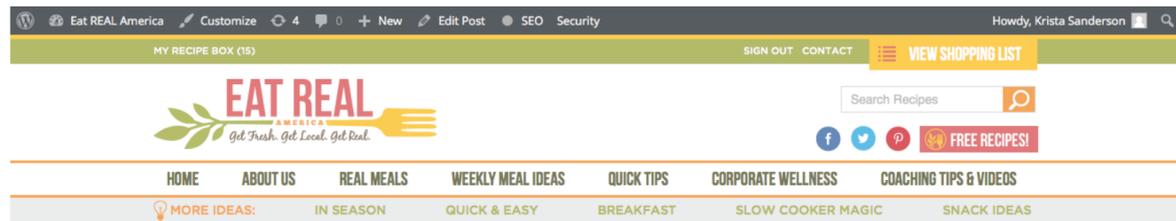


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Pages

Comments

Spots

Appearance

Plugins

Users

Tools

Settings

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EVERY TIME YOU EAT IS AN OPPORTUNITY TO NOURISH YOUR BODY.

We are surrounded by “**food**” in everything we do and every part of our lives! But, have you ever stopped to think about what “**food**” really is? Are all of the things we eat really “**food**?”

The definition of **FOOD** is “a nutritious substance that maintains life and growth and nourishes, sustains, and supplies.”

To even better understand this, we need to know what “nutritious” and “nourishes” mean...

**NUTRITIOUS** means “providing nourishment.”

**NOURISHES** means “to cause something to develop or grow stronger.”

So, “**food**” is something that provides nourishment and helps us to develop or grow stronger.

As we know, when we plant flowers or a garden, we provide “**food**” that will help our plants to develop and grow stronger. But, what about the “**food**” we provide ourselves and our families? **The “**food**” we eat should help us thrive!** Of course, this is especially important for our children. We know that a sweet potato stuffed with Mexican flavors such as black beans, corn, tomatoes and avocado is “**food**.” Not only do each of the individual ingredients provide nourishment, but the combination of ingredients working together likely provides nourishment we can’t even fully understand!

**But how many things are we tempted to eat every day that aren’t really “**food**?”** The nachos at the ballpark concession stand? Not food. The Poptarts or Lucky Charms for breakfast? Sorry to burst your bubble, but not food. The candy bar at the movie theater? No such luck. These “**food-like products**” (we can’t really call them “**food**,” can we?) don’t provide nourishment or help us to develop and grow stronger.

**These “**food-like products**” may even do the opposite!** Many may actually cause damage to our bodies and, over time, increase the risk of illness and chronic disease. But wait! What about the claims on the boxes and packages that tell us how nutritious they are?! By now, we all know the process used to manufacture these products depletes the nutrients, so the nutrients have to be added back in order to achieve these health claims. In most cases, health claims are a good sign they are not really “**food**!” (Do you ever see health claims on apples or asparagus?!)

At Eat REAL America, we talk a lot about eating **REAL food**. Technically, we should be able to simply say...Eat **FOOD!** After all, processed food-like products don’t meet the definition of “**food**.” However, because we don’t typically keep the definition of “**food**” top of mind all day long, we think it’s much simpler to just remember to “Eat REAL food!” Then, we will be eating foods that provide nourishment and help us to develop and grow stronger. Plus, we think you will quickly realize...it just tastes better!

Want some examples of “**food-like products**” that are marketed as “**food**,” but really aren’t? Check out the links to our blogs, here are just a few...

[maple syrup](#), [chocolate pudding](#), [whipped cream](#), [breakfast cereal](#) and [salad dressing!](#)

You might even ask the bigger question...why do we eat? Yes, we eat to survive, but hopefully we eat to nourish our bodies, provide energy, grow stronger and **THRIVE!**

So, the bottom line? Keep it simple! Eat **FOOD!** **Eat REAL!**

Share this with family or friends who may be confused about how to eat healthfully. Please encourage them to keep it simple and eat **REAL!**

Word count: 552 Last edited by Krista Sanderson on May 19, 2015 at 9:51 am

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