

## HW499 – Unit 6 Assignment

### Multicultural Resources for Contemporary Diet and Nutrition

In today's world there is so much controversy regarding our food supply that a person has a hard time figuring out how to eat healthy. Even the healthcare professionals do not always agree which type of diet is healthiest from paleo to vegan to vegetarian; however, they do all agree on three things:

1. Avoid GMO's – foods containing Genetically Modified Organisms.
2. Avoid Sugar – processed white sugar.
3. Increase fruits and vegetables.

Below are some resources to peruse regarding diet and nutrition.

**Sugar:** Although I limit my sugar consumption, this is the one item I personally struggle to give up completely because I am a chocolaholic; however, after reading or watching the below articles and documentaries, I see the need to not only cut down on sugar consumption, but work towards making natural substitutions (such as honey) and totally ridding my diet of this toxic substance.

- *Sugar: The Bitter Truth* - <https://www.youtube.com/watch?v=dBnniua6-oM>.
- *What Happens to Your Brain When You Give Up Sugar* - <http://www.cnn.com/2017/03/02/health/sugar-brain-diet-partner/>
- *Sugar: Eliminate This ONE Ingredient and Watch Your Health Soar* - <http://articles.mercola.com/sites/articles/archive/2011/05/02/is-sugar-toxic.aspx>

**GMO's:** For the past two years I have eaten 90% organic, only eating non-organic in restaurants. Purchasing less expensive, non-organic "food" is not an option for me because my mindset and body does not recognize food that has been genetically modified to resist insects and diseases. GMO foods are banned in Europe and other countries around the world.

- *Seeds of Death: Unveiling The Lies of GMO's* - Full Movie - <https://www.youtube.com/watch?v=a6OxbpLwEjQ&list=PL9a1D6K10KNM6HWGKwqZURieMBkdW1VVw>
- *GM Crops Now Banned in 38 Countries Worldwide* – Sustainable Pulse Research - <http://sustainablepulse.com/2015/10/22/gm-crops-now-banned-in-36-countries-worldwide-sustainable-pulse-research/>
- *10 Reasons to Avoid GMOs* - <http://responsibletechnology.org/10-reasons-to-avoid-gmos/>

Increase (organic) Fruits and Vegetables: Thankfully one thing all experts agree on is that we all need to increase our intake to 7-9 servings of organic fruits and vegetables daily.

- *Take Back Your Health* Dr. Mark Hyman at Wanderlust's Speakeasy - <https://www.youtube.com/watch?v=PLG6qAnIXmY&list=PL9a1D6K10KNPDwfWwOAKdj11NUI4sRuD5&index=1>
- *Dr. Ellsworth Wareham - 98 years old vegan* - <https://www.youtube.com/watch?v=FX58PyQwrcI>
- *Inspiration | 102 Years Young* - <https://youtu.be/fa7Ob19d5SE>
- *WHY DOCTORS DON'T RECOMMEND VEGANISM #2: Dr Neal Barnard* - <https://www.youtube.com/watch?v=qLeee0HRyHM>
- *Dean Ornish, M.D. at TEDxSF (7 Billion Well)* - <https://www.youtube.com/watch?v=QYmInK5xo6g&t=993s>

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