

# FOOD MATTERS

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## GOOD FOODS AND BAD FOODS

A self-serving myth being perpetuated by some sectors of the food industry is that there is no such thing as a good or bad food. But is this true?

### Good Foods Make Good Diets

Good diets are made up of good foods, so what foods you choose to eat will determine how healthy your diet is. While having a less nutritious food occasionally is unlikely to adversely affect your long-term health, if your diet regularly contains junk food and sugared, carbonated drinks and lacks the “protective” plant foods, you’re eating your way toward poor health.

### Good Diets Mean Good Health

More than 260 scientific studies have demonstrated that a diet rich in plant foods is one of the major reasons for the lower disease and death rates experienced by Seventh-day Adventists. Seventh-day Adventist hospitals, clinics and

health food companies have long been recognised for promoting the benefits of good foods. The concept of “health foods” was first introduced in the late 1800s, with the invention of ready-to-eat breakfast cereals and peanut butter at Battle Creek Sanitarium, Michigan, where Dr John Harvey Kellogg, the inventor of corn-flakes, was medical director.

### Food Guides Promote Good Foods

Australian and New Zealand food guides recommend that people only sometimes eat those foods and drinks containing larger amounts of fat, sugar and salt and, then, in small amounts. Foods emphasised for increased consumption include wholegrain breads and cereals; vegetables and fruits; legumes, including soya beans and soy products; and nuts, like pecans, walnuts, pistachios, macadamias and almonds.

For some healthy food recipes turn to *page 16*.