

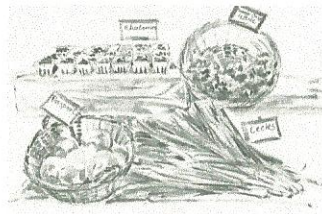
# Who Owns Our Health's Future?

You Do!

IT ALL BEGINS WITH  
HEALTHY FOOD CHOICES



This information brought  
to you by the Sustainable  
Consumerism Committee



"Organic farming can help reduce diseases like asthma, autism, ADHD, and even cancer, all of which are linked to farm chemicals."

-Maria Rodale, Organic Manifesto

- Organic milk = more of the 'good fats' linked to decreased heart disease and diabetes.
- Organic foods = higher levels of beta carotene, vitamins C, D and E, cancer-fighting antioxidants, flavonoids to help ward off heart disease, essential fatty acids, and essential minerals.

## JUST SAY NO TO SODA

Twenty-one-year old Tray is a Franklin County High School graduate who loves music, computers and mechanical challenges. He dreams of building his own home in this hometown of Tracy City, Tenn., using recycled materials.

**Tray appears healthy and strong. It's hard to believe Tray used to have the added disability of obesity.**

Observing the 170-pound, 6'1" young man, you'd never guess that he faced the physical challenge of obesity. Tray played Sousaphone in his marching band when he weighed 100 pounds more than he does today.

If you ask him how he lost the weight, he shakes his head and smiles. **"I stopped drinking soft drinks. I was drinking anywhere from two to five a day."** And you changed your diet and exercise level? **"No, nothing else,"** he says, **"ate the same, did the same stuff. Just no Mountain Dews, no Pepsi's. I lost it all in six months."**

## WHAT'S IN THE BEEF?

If you, like the average American, eat 67 pounds of beef per year, then switching from conventional beef to pastured beef would *reduce your yearly calorie intake by 16,642 calories!*

– “Why Grass-fed is Best: The Surprising Benefits of Grass-fed Meat, Eggs, and Dairy Products”  
by Jo Robinson, Vashion Island Press, 2000

- **Antibiotics - Over 70% of the antibiotics in this country are used on healthy animals.**
- **Traces of herbicides & pesticides – endocrine disruptors, cancer & asthma links.**
- **Hormones – growth hormone rBGH links to cancer.**



**Take back your kitchens and your health from corporate profits, and read labels, or grow your own!**

## WHAT'S UP WITH High fructose corn syrup (HFCS)?

- ✓ causes obesity by tricking the brain into thinking you are still hungry
- ✓ causes the liver to release an abnormal amount of fat into the blood stream.

-from  
“The Power of Choice” by Louis Koella, M.D., Local Action, Spring 2008)

**60% of products in the typical grocery store contain HFCS.**

-From King Corn, Mosaic Films 2007

