

## Empty Eating: How to Stop Eating High-Calorie, Low-Nutrient Food (Paperback)



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## EMPTY EATING: HOW TO STOP EATING HIGH-CALORIE, LOW-NUTRIENT FOOD (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Empty Eating is the authoritative guide for those who want their lives to benefit from the latest nutritional research. It is written by Chef Bill Collins whose professional and personal experience has equipped him with clear insight into the disastrous effects of modern eating patterns. Empty Eating focuses on low-calorie, high-nutrient foods, especially whole foods. The book is a cautious warning against the common American diet with its empty calories - foods such as French fries, fried chicken, pizza, or refined flours and sugars. These foods form the weapons for nutritional suicide and are the causes of diseases such as Type II Diabetes, coronary artery disease, various cancers, gout, and many allergies. Although based on university research and government studies, Empty Eating is written in a relaxed, easy-to-read style suitable for its target audience. That audience is the growing number of reasonably affluent, stressed out professionals who are being most harmed by a lifestyle of fast foods and limited exercise. They desire leisure more than recreation and eating more than exercise. This is particularly true of individuals between the ages of 18-50, the adult, working years. Americans have become quick to reach for high-energy foods like candy or pastries instead of nutrient dense foods like fresh vegetables and fruit. A high percentage of the American diet includes high fructose corn syrup and highly refined sugar. We consume more fatty meats than any other major country in the world, and experience the health consequences mentioned above. Eating a variety of food like leafy greens, vegetables, grains, nuts, seeds and fruits is essential to maintaining health because having this variety of food allows us to get all the nutrients our bodies...



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