

Kent Brown Fitness Newsletter

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“Good Health for the New Year”

Eat More Plants, Less Sugar

Observe the pie chart on the back page. Added sugar accounts for far too much of our diet. Almost every processed food is sweetened to entice your taste buds. The loaf of bread that you buy in the supermarket is much sweeter than you realize.

Now don't forget that added sugar means in addition to all the sugar your body already receives from simple carbohydrates such as rice, bread & pasta. All simple carbs breakdown into sugar once ingested. The rise in sugar consumption has proven to be a major problem for the American waistline.

Notice the USDA graph on the back page under the pie chart. It shows the rise in our caloric intake by food group. The food our bodies crave the most is way down on the bottom.

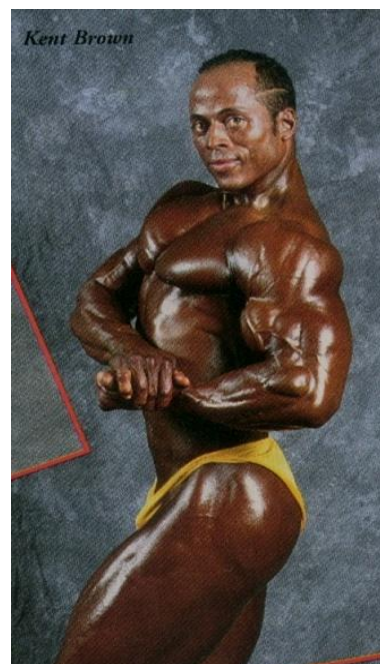
A healthy diet contains a heavy dose of fresh fruits & vegetables. And although raw is best, just not overcooking your produce will provide better results. Now I know that fresh produce is more work to

handle, but isn't your health worth the trouble?

Eating the whole raw fruit allows the body time to metabolize the sugar. Remember, sugar is not bad. It is essential to the body. But the amount of added sugar we consume currently is out of control.

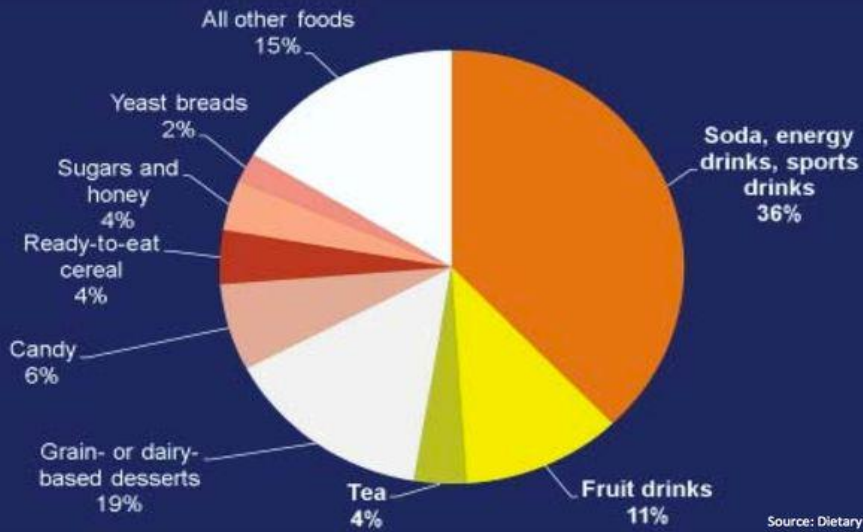
Pro Bodybuilding Posing

Often, competitors seek assistance with their posing routines in preparation for shows and exhibitions. Anyone requiring such attention should contact me directly for essentials such as the basic poses, music selection, routines and stage presence.



Mr. Fitness

Sources of added sugars in US diet Ages 2+, 2005-06



Calories per person per year

