

Going Dad™s Top Ten Pinterest Picks (7): Food Matters!

Description

Do you know exactly what went into the last meal you ate? If it wasn't you making the meal, chances are, you may not.

This way of thinking has had me making my own meals for several years now. There are times when I go out to eat, not by my choice, and I have to pick apart the menu and annoy the crap out of our wait staff. But, I have no shame when it comes to wanting to know exactly what I'm being served and how it was prepared.

I wasn't always like this, I used to go out all the time and the words macronutrients, calories, trans-fat, high-fructose corn syrup, MSG, etc. were never a consideration. If it looked and sounded good, I ate it. Back then, I was being "healthy" when I requested no cheese on my double-meat hamburger from McDonalds.

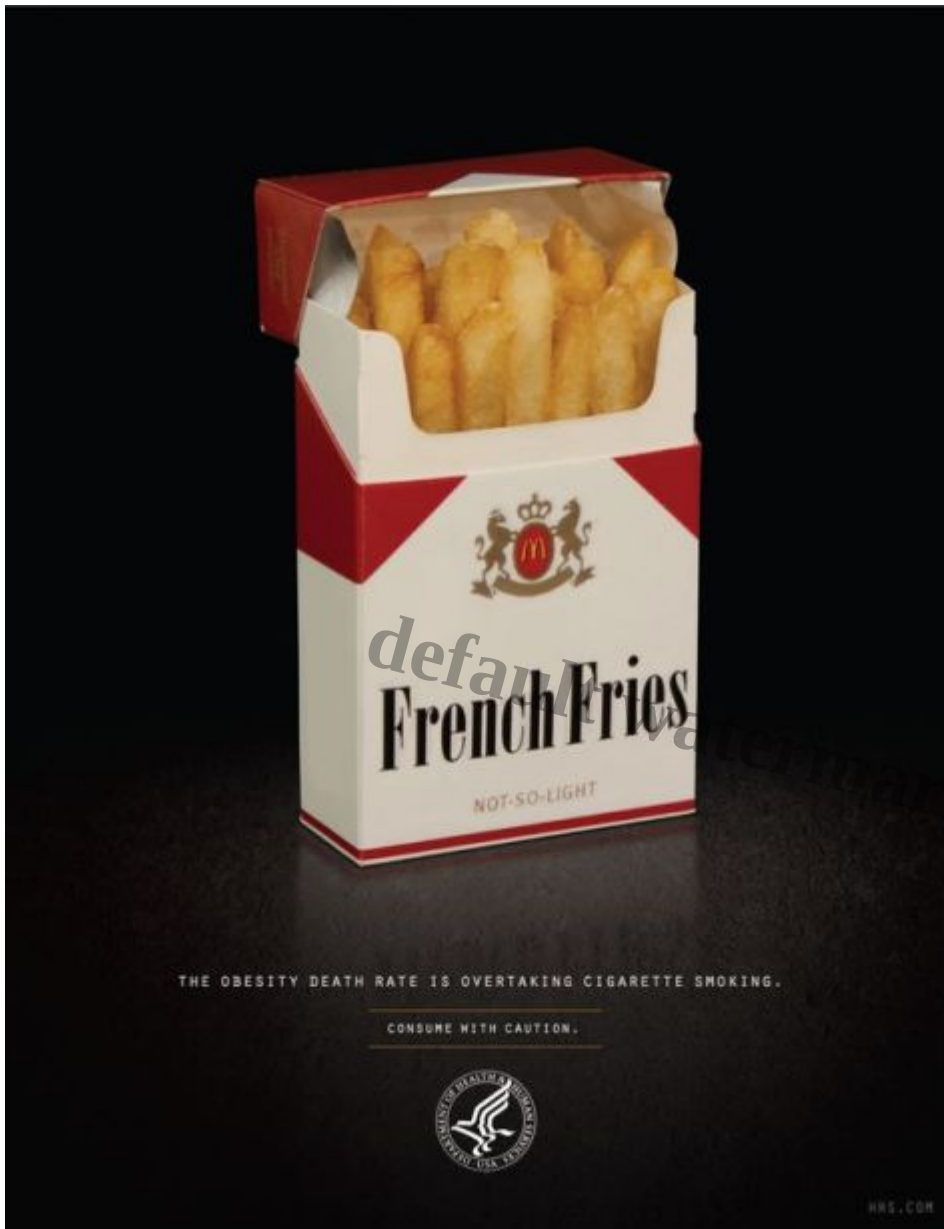
Yeah, things have changed and now I'm a health food advocate who questions any and all ingredients. If it's packaged, I have to scrutinize the label several times and maybe even perform a Google search. For the several years I've been like this, I get extremely irritated at how food companies advertise their "healthy" products and at the ignorance of the average consumer.

And now, as a parent, I'm disgusted at what some parents feed their children. I might get a lot of negative responses here, but I see no reason any kid should have to eat fast food. There is a wealth of information out there on what is healthy vs. unhealthy and enough buzz on the topic to claim you "didn't know."

I know Going Mom and I will instill our healthy values in Avery, but I fear how powerful the influence of her peers will be. I remember what it's like being in grade school, and how no one wants to be the odd one of the group! All I can do is hope Avery values health and knows what is good and what is not when she's faced with choices on her own.

Hopefully, these ten food related Pinterest Pins help open your eyes and inform you in a way to be able to make changes for the better. I know right after I changed my eating habits, I felt, looked, performed, and recovered better than ever before. I could easily go way beyond ten, but for these are a great to start with to make changes today!

1.



2.



3. 10 reasons not to eat at most restaurants.



4. Convenience, not price, limits veggie consumption.



5. A 20-ounce soda contains 65 grams of sugar, that is approximately 22 packets of sugar in just one bottle.



6.

HEALTHY baking substitutes

by picklee



flour



black beans



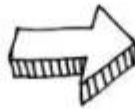
sugar



apple sauce



butter



mashed avocado



cream



evaporated milk



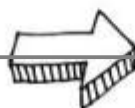
butter



banana

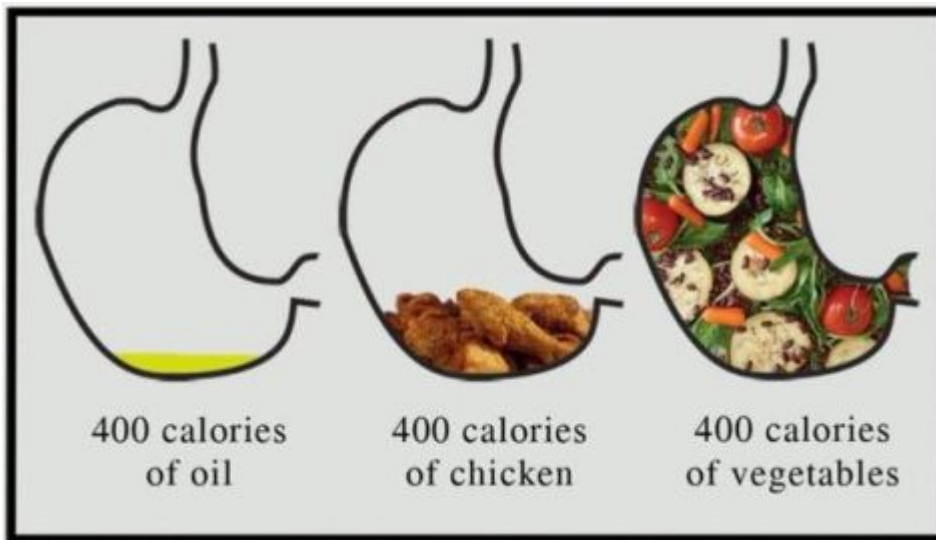


sugar



vanilla extract

7.



8.

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More Reasons to Eat Fruit!



Cherries help calm
your nervous system



Grapes relax your
blood vessels



Peaches are rich in
potassium, fluoride,
and iron



Apples help your body
develop resistance
against infections



Watermelon helps
control your heart rate



Oranges help maintain
great skin and vision



Strawberries can
potentially fight against
cancer and aging



Bananas are great for
athletes because they
give you energy



Pinapples help
fight arthritis



Blueberries protect
your heart



Kiwis increases
bone mass



Mangos protect against
several kinds of cancer

120-in-june.tumblr.com

9.



kidspat.com.au

VEGGIE COOKING Cheat sheet

VEGETABLE	BOILED	STEAMED	MICROWAVE
 Asparagus	Not recommended	8-10 min	2-4 min
 Beetroot	30-60 min	40-60 min	9-12 min
 Bok choy	Stalks for 3 - 4 min Leaves for 1 - 1 ½ min	Stalks for 6 min Leaves for 2 - 3 min	2-4 min
 Brussels sprouts	Bring to boil and simmer for 5-7 min	8-10 min	4-6 min
 Broccoli (cut into florets)	4-6 min	5-6 min	2-3 min
 Cabbage (shredded)	5-10 min	5-8 min	5-6 min
 Cauliflower	4-6 min	4-5 min	2-3 min
 Carrots (sliced)	5-10 min	4-5 min	4-5 min
 Corn on the cob	5-8 min	4-7 min	1 ½ - 2 min
 Eggplant (sliced)	Not recommended	5-6 min	2-4 min
 Beans	6-8 min	5-8 min	3-4 min
 Mushrooms	Not recommended	4-5 min	2-3 min
 Peas	8-12 min	4-5 min	2-3 min
 Capsicum	Not recommended	2-4 min	2-3 min
 Potatoes (cut)	15-20 min	10-12 min	6-8 min
 Spinach	2-5 min	5-6 min	1-2 min
 Zucchini	3-5 min	4-6 min	2-3 min

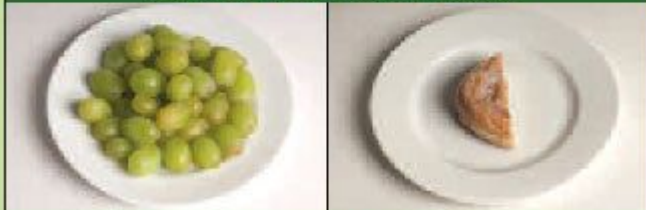
10.

The pictures below show a 100-calorie portion for some healthy vs. traditional snack options.

CARROTS VS. REGULAR CHIPS



GRAPES VS. HONEY BUN



APPLE VS. CANDY BAR



MELON VS. MUFFIN



CELERY VS. PRETZELS



Hopefully you found some or all of these thought-provoking and useful to help you start making changes for yourself and loved ones. Or maybe youâ€™re already in the know and these are nothing new to you.

If you already are a health living advocate and you have older children, how have you worked to keep your little ones from eating fast food or other processed junk when at school or a friendâ€™s house?

I would love to hear anyoneâ€™s tips/advice as I feel like we are a minority when it comes to caring about what we eat.

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