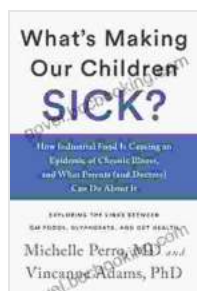


How Industrial Food Is Causing An Epidemic Of Chronic Illness And What Parents Can Do To Protect Their Children

In the past few decades, there has been a dramatic increase in the incidence of chronic illness in children. These diseases, such as obesity, diabetes, heart disease, and cancer, are now among the leading causes of death and disability in children.



What's Making Our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It by William Sears

★★★★☆ 4.8 out of 5

Language : English
File size : 1595 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 327 pages



What is industrial food?

Industrial food is food that has been processed, packaged, and marketed to appeal to consumers. It is typically high in calories, sugar, unhealthy fats, and sodium, and low in nutrients. Industrial food is often made with refined grains, processed meats, and added sugars. It is also often fortified with vitamins and minerals to make it appear more nutritious than it actually is.

How is industrial food causing chronic illness?

There is a growing body of evidence that links industrial food to chronic illness. This evidence suggests that industrial food can contribute to:

- Obesity
- Diabetes
- Heart disease
- Cancer
- Other chronic diseases

The link between industrial food and obesity is particularly strong. A study published in the journal *Pediatrics* found that children who ate more than two servings of processed food per day were more likely to be obese than children who ate less than one serving of processed food per day.

Another study, published in the journal *The Lancet*, found that children who drank more than one sugary drink per day were more likely to be overweight or obese than children who did not drink sugary drinks.

The link between industrial food and diabetes is also well-established. A study published in the journal *Diabetes Care* found that children who ate more than two servings of processed food per day were more likely to develop type 2 diabetes than children who ate less than one serving of processed food per day.

A study published in the journal *The BMJ* found that children who drank more than one sugary drink per day were more likely to develop type 2

diabetes than children who did not drink sugary drinks.

The link between industrial food and heart disease is also growing. A study published in the journal *Circulation* found that children who ate more than two servings of processed food per day were more likely to have high cholesterol and high blood pressure than children who ate less than one serving of processed food per day.

A study published in the journal *The American Journal of Clinical Nutrition* found that children who drank more than one sugary drink per day were more likely to have high cholesterol and high blood pressure than children who did not drink sugary drinks.

The link between industrial food and cancer is also emerging. A study published in the journal *Cancer Research* found that children who ate more than two servings of processed meat per week were more likely to develop leukemia than children who ate less than one serving of processed meat per week.

A study published in the journal *The International Journal of Cancer* found that children who drank more than one sugary drink per day were more likely to develop lymphoma than children who did not drink sugary drinks.

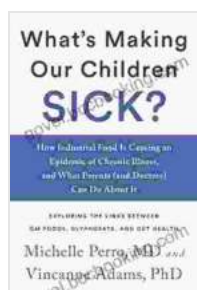
What can parents do to protect their children?

There are a number of things that parents can do to help protect their children from the harmful effects of industrial food. These include:

- Feeding their children a healthy diet that is high in fruits, vegetables, and whole grains

- Limiting their children's intake of processed food, sugary drinks, and unhealthy fats
- Encouraging their children to be physically active
- Talking to their children about the importance of healthy eating and physical activity
- Setting a good example for their children by eating healthy and being physically active themselves

By following these tips, parents can help their children grow up healthy and strong, and reduce their risk of developing chronic illness.



What's Making Our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It by William Sears

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1595 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 327 pages





Embark on Unforgettable Adventures: Discover the Best of the Vail Valley through Hiking and Snowshoeing

Unveiling the Enchanting Trails of the Vail Valley Nestled amidst the breathtaking Rocky Mountains, the Vail Valley beckons adventurers to immerse themselves in its...



Master the Road: Ace Your North Carolina Driver's Test with Our Practice Tests

Unlock the Secrets to Driving Success in North Carolina Are you eager to get behind the wheel and experience the freedom of driving? Before you can hit...