

Nutrient Poor Food Can Make You Over-eat

Micronutrients are the vitamins and minerals provided by our diet to help thousands of processes in the body. The "processed" food craze has resulted in a major health problem... vitamin and mineral deficiencies.

Deficiency Leads to Weight Gain?

How does this lead to weight gain? Very simple?.you over-eat the same nutrient poor foods that caused the problem in the first place, in order to get the vitamins your body needs.

This is why a nutritional profile must be apart of any diet plan. It's not as hard as you think.

The Totality of It!

Over the past 2-3 decades, Americans have become less active and increased the amount of saturated fats in their diets. This has resulted in a positive energy balance and a macronutrient imbalance. Weight gain followed vigorously. Then things got real bad. Artificial sweeteners and processed foods were introduced into our diets. We loved them and subsequently added them to diets as if the world might run out of them.

We started cooking with them and did whatever necessary to consume as much artificial sweetener as possible. Now that we decreased fat from our diets, food became bland. We weren't full after a low fat meal. Capitalism to the rescue! Sell artificial sweeteners!

If you can't eat fat, eat sugar. Sugar started replacing fat in our diets. Artificial sweeteners were touted as even better. All the sweetness without the guilt, they sold like crazy. You could now eat a low fat decent tasting meal without quilt.

How good could things get? Not very good. As a matter of fact, things got REAL BAD. Our waist lines grew due to the huge effect on storing fat that sweeteners have. The body loves to use the sweeteners for all immediate energy needs, saving the fat stores for emergencies (starvation).

Fat saved! On top of that, any left over sugar will get converted to fat and saved! Yippee! It's a "fat slam dunk," a "Double fatty whammy."

Micronutrient Deficiency

Processed foods are nutrient poor. So, basically, your diet consists of...

- Highly processed foods with high levels of fat.
- Sugar and even more artificial sweeteners.
- 1-2 large meals per day

Lots of energy in, little need to burn fat, no exercise, and over-eating secondary to a vitamin deficiency -- all add up to an [obesity epidemic](#).

Every diet should start with a nutritional assessment followed by strict adherence to the diet for maximized weight loss.

In Summary

- The food we eat is nutrient poor, high in fat, and high in sugars
- We over-eat to get the vitamins & minerals we need

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