

## Healthy Eating - Is This Practical in America?

United States of America. This is the nation of which one of its former presidents publicly said, "I don't like broccoli," and another political figure misspelled the word potato. It's also the place where TV commercials make a mockery of buying healthy vegetables at the supermarket when you can get your nutrients from vitamin supplements. What is healthy eating anyway? Aren't we confused yet? Consider the orange (fruit). We try to improve its health-giving properties as a food, by juicing it and reconstituting it from concentrates and additives. Where is the fiber? Oh that? We buy fiber supplement pills. And where did the fiber from the orange go? Who knows... It might be fertilizer or landfill. Invariably, anyone who seems to be encouraging you to eat healthy is trying to sell you something. You don't even have to have good eyesight (nor have to like eating carrots) to see that our reasons for eating healthy in America have been tainted by our quest for making money. We put out food guides that claim to encourage us all to eat healthy. But the messages are mixed.

## About the Author

Offers product in most nutrition categories featuring a broad assortment.

Source: <http://www.productsherbal.com>