

# Back to the Future Eating

**EAT SMART Newsletter** by *Rebecca Morley, MA*

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## Should America be headed “Back To the Future” when it comes to meals?

Most of us would like to eat healthier but it can be hard to figure out just what that means. Not too long ago meals were eaten with the family, and ingredients were mostly locally grown foods. Food was tasty and we took time to enjoy eating it! The return to eating more like our great-great grandparents might be just what we need.

For thousands of years, our ancestors thrived on a diet of whole foods. But with interstate highways, came the trucks! And truck farming took on a whole new meaning. America's era of abundance, the switch from small neighborhood stores to the Supermarket food choices. We are inundated with over-processed food, high in calories, low in nutrition. And this is before we even consider what we eat when dining out.

## Back to the Future Eating Guidelines

- **Eat more whole foods and fewer processed foods.**
- **Don't let yourself get so hungry that you binge eat.**
- **Eat 8-10 servings of colorful vegetables and fruits each day.**
- **Choose whole grain over refined whenever possible.**
- **Cut-back on saturated and trans fats,. Choose healthy ones like olive and canola oils.**
- **Make complex carbohydrates your mainstay (refer to MyPyramid.gov)**
- **Drink water to quench thirst.**
- **Use supplements responsibly, avoiding fads and mega-dosing.**
- **Exercise daily.**
- **Maintain a social circle of family and friends for love and support.**
- **Eat at a table with your family rather in front of the TV or in your car.**

## So What's Next?

Though most of us won't be going back to the family farm, we can make food choice changes to improve our health. It makes little sense that we will pay \$3.50 for a gourmet latte, and balk at \$1.69 for a week's worth of eggs. We can buy locally and invest in our health by eating more fruits and vegetables. We can read labels and skip the processed foods, buying simple, whole foods instead. We can cook more meals at home, bake with healthier ingredients, and pack nutrient-rich lunches. We can make better fast food choices by skipping the fries and sugar-laden sodas and desserts..

Americans can choose a healthier future by returning to basic whole foods and truly enjoying meals again!



**Norman Rockwell's illustration typifies Back to the Future Eating**

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