



**H**ealthy eating:  
Is 'eating' actually healthy?  
Definition of 'healthy': strong and well. \*1

Eating eucalyptus is very well for koalas but not for us humans. Eating mostly organ meat makes lions strong. What provides us health? Despite being surrounded by the word of 'HEALTHY', we can't see any healthiness inside of us. Comparing with the hunter-gatherer era, our foods and eating style dramatically changed. Did this change make us stronger and better? We don't die young anymore thanks to improved medical technologies but now we experience a longer, sicker and more painful life. A sociologist Freese J. argues that we lost our metabolic flexibility due to constant availability of energy-dense, yet often nutrient-deficient foods. As a result, we are facing a metabolic disease epidemic, such as the metabolic syndrome, type 2 diabetes, non-alcoholic fatty liver disease, certain types of cancer, cardiovascular disease and Alzheimer's disease, wherever the sedentary lifestyle spreads in the world.\*2 Some research show that intermittent fasting (=intermittent energy restriction) reduces blood pressure, LDL, BMI, inflammatory markers, body fat and increases insulin sensitivity.\*3 Also, "Hara-Hachibu" (means 80 % full) is the key for the longevity in traditional Japanese culture. Our ancestors had to have intermittent fasting according to foods' availability. Humans evolved to produce or save energy when the foods are not available (e.g. famine or drought) and when we need to run for our lives (e.g. hunting or run away from lions). We have been overfed. Why don't you eat less instead of trying to find the packages with 'HEALTHY'?

## QUIZ: WHO AM I?

**Once you pop, you can't stop. I'm made from all of the following stuff.**

Dehydrated potato, vegetable oils, wheat starch, rice flour, sugar, emulsifier (471), maltodextrin, dextrose, salt, vegetable powders (garlic, onion, tomato), spices (black pepper, paprika), flavour enhancers (621,635), yeast extract, flavours, soy sauce powder, vinegar powder, food acid (330)

NB: You are supposed to stop before half way through as its serving size is 1/5 of me!! Or better not to start it.

## Healthy-ish crisps (serve 1)

### Ingredients:

- 1 medium size potato
- ½ tablespoon avocado oil
- Sea salt for serving

### Directions:

- 1) Slice the potato as thin as possible. You can use a mandoline or peeler.
- 2) Put the sliced potato on a sandwich press and spread avocado oil on them.
- 3) Bake 2) until they become golden & crunchy.



\*1<https://dictionary.cambridge.org/dictionary/english/healthy>

\*2Freese J. et al(2017) The sedentary (r)evolution: Have we lost our metabolic flexibility? F1000 Research;6:1787. doi: 10.12688/f1000research.12724.2.

\*3Tinsley GM& La Bounty PM (2015) Effects of intermittent fasting on body composition and clinical health markers in humans. Nutrition Reviews; 73(10):661-74.

Harvie M. et al. (2013)The effect of intermittent energy and carbohydrate restriction v. daily energy restriction on weight loss and metabolic disease risk markers in overweight women. The British journal of nutrition. 2013 Oct;110(8):1534-47.

Wilson RA1 et al. (2018) Intermittent Fasting with or without Exercise Prevents Weight Gain and Improves Lipids in Diet-Induced Obese Mice. Nutrients. 2018 Mar 12;10(3).