

It would be good to establish and promote inner-city community gardens. Having easier access to a better selection of fresh veggies can add to a more balanced diet. Plus, when you start eating your own home grown veggies, you develop a taste for better quality and find it difficult to go back to cheap imports. One way to get nutritional food into the inner cities is to establish farmer's markets drawing from local growers.

Plant-Based Dietitian's Food Guide Pyramid[®]

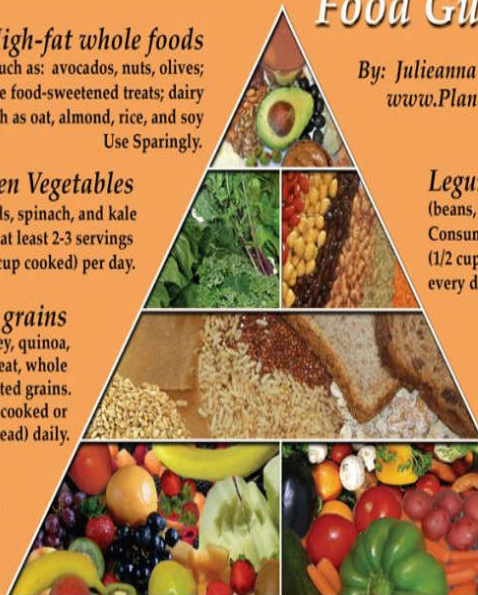
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www.PlantBasedDietitian.com

High-fat whole foods
such as: avocados, nuts, olives;
whole food-sweetened treats; dairy
substitutes such as oat, almond, rice, and soy
Use Sparingly.

Leafy, Green Vegetables
such as collards, spinach, and kale
Eat at least 2-3 servings
(1 cup raw or 1/2 cup cooked) per day.

Whole grains
such as brown rice, barley, quinoa,
oats, amaranth, whole wheat, whole
grain pasta, and sprouted grains.
6-11 servings (1/2 cup cooked or
1 slice whole grain bread) daily.

Fruit (all types)
Consume 2-4 servings
(1 piece or 1/2 cup)
everyday.



Legumes
(beans, peas, lentils and seeds)
Consume 2-3 servings
(1/2 cup cooked legumes or 1 Tbsp seeds)
every day.

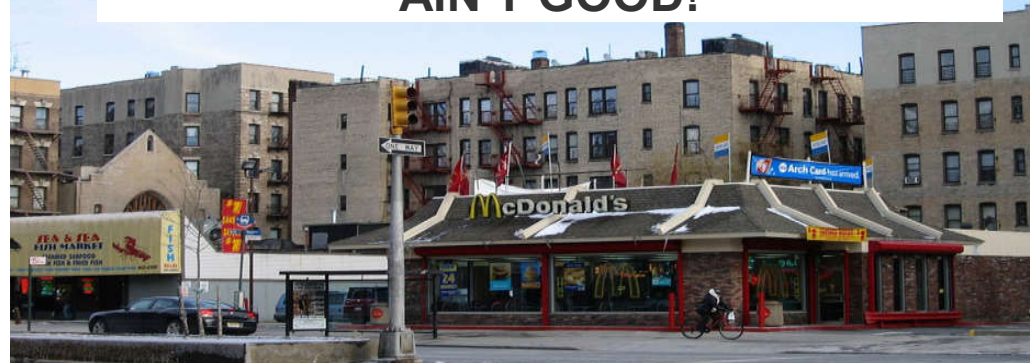
Vegetables
(all types,
including starchy)
Eat as much and as many
different colors as possible
each day.

Drink plenty of pure water and some tea everyday.
Exercise at least 1 hour everyday

“And God said, Behold. I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed: to you it shall be for meat.”

~Genesis 1:29

THE FOOD IN THE HOOD DEFINITELY AIN'T GOOD!



People have been talking about the lack of edible food in the inner city. Highly salted food, as a staple, is a taste formed in slavery times. Salt pork and salt cod, were the cheapest possible form of protein available. Salt was the cheapest preservative. Now other unhealthy preservatives, are added.

Poor people are still being victimized, by bad food.

A lot of inner city food is cultural food. Bad for your body and bad for the soul. In a lot of cases, inner city folks choose to buy and eat that kind of food. Eating food without a nutrition label is eating blindly. Whether it's the Rib Fest or Oktoberfest, **the food may taste good to ya', but it ain't good for ya,' cause it's actually poison.**

Barbecue sauces laden with sugar or high fructose corn syrup and those lemon aide shakes that contain 600 calories in sugar form. A bowl of ham and bean soup, sopped up with cornbread sounds delicious right now. **BUT DON'T DO IT!** Everything that's soul food will kill you sooner or later.

WHY IS THERE SO MUCH FAST FOOD IN POOR URBAN AREAS?



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It's hard to blame people for craving fast food when they are inundated with advertising from such a young age. But what's disturbing is just how far fast food companies will go to target kids from groups already more likely to suffer from obesity – including the poor, rural Americans and black Americans. Fast food chains in predominantly black neighborhoods were more than 60 percent more likely to advertise to children than in predominantly white neighborhoods.

Are inner-city food stores exploiting the poor?

The researchers also found that fast food restaurants in middle- and low-income areas tended to direct their ads toward children more often than those in high-income neighborhoods, and those in rural communities tended to market their products to kids more often than those in more urban settings.

"Fast food restaurants in black neighborhoods have significantly higher odds of using kids' meal toy displays to market their products to children compared to restaurants in white neighborhoods," because we know that black children are at higher risk for consuming unhealthy diets including fast food, and have higher prevalence of obesity."

The danger of pitching french fries, hamburgers, and other fast foods to kids is that it can lead to an unbalanced and potentially harmful diet -- not only in childhood, but in adolescence and even adulthood. Children who eat fast foods tend to eat more calories, fat, sodium, and sugars, and less fruits, vegetables, and dairy than those who don't.



Eating fast food has also been found to cause higher body fat and insulin levels in adolescence, and an increased risk of obesity in adulthood.

Already, fast foods account for too many calories and feed too many children in this country. Nearly a third of American kids between the ages of 2 and 11 – and nearly half of those aged 12 to 19 – eat or drink something from a fast food restaurant each day. Fast food restaurants blanket the country, but they are especially ubiquitous in the country's poorer communities, whereby, America's richer communities are eating better, while its poorer communities are eating worse.

Poor black communities are especially vulnerable to this phenomenon "The same black communities that suffer more from diet-related diseases, like heart disease, obesity, and diabetes, tend to consume more fast food. Popeye's and Papa John's, "definitely target that audience [African-Americans]."

And many of the Chinese Food eateries in the black neighborhoods prepare high sodium, fat, Monosodium Glutamate and concoctions that even they don't consume themselves. Almost 40 percent of all adults, and over half of African American adults have high blood pressure. To tackle this issue, public health officials should work with Chinese takeout restaurants across the city to cut salt in some popular, high-sodium dishes.

