



November 15, 2010 – Grand Rapids, MI

## Meat-Sweet Diet

I was in a pharmacy recently and happened to be behind a mother and daughter who were making a purchase. If I had to guess, I think they were Somali—they were both over six feet tall, very lean, and had high cheekbones like the model Iman. The purchase involved a reward card and they earned a dollar to spend in the store. The woman cashing them out pointed out that the candy bars were on sale two for a dollar. Just like any American, they picked out two candy bars and were on their way.

The moral of the story: whether we send our food products to other countries or people from other countries now reside here, we show them how to get fat. Fried food, salty food, high-fat, and high-sugar—the Western pattern diet, also called the meat-sweet diet, is not our finest achievement or happiest export. We lead the world in products that appeal to our taste buds but contain little nutrition. And I have to say, I worry sometimes about the impact on the health of other countries as we export our diet and lifestyle then wait for the hypertension, heart disease, and diabetes that will follow. Never forget The Law of Unintended Consequences; more on this topic Wednesday.

What are you prepared to do today?<sup>TM</sup>

**Dr. Chet**

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