



What's wrong with what we eat

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KEY VOCABULARY

SO-CALLED - então chamados

DISEASES - doenças

PREVALENT - prevalente, preponderante

DAIRY - laticínio

CANS - lata

DRIVES - conduzir

Health

There's no question, none, that so-called lifestyle diseases - diabetes, heart disease, stroke, some cancers - are diseases that are far more prevalent here than anywhere in the rest of the world.

And that's the direct result of eating a Western diet. Our demand for meat, dairy and refined carbohydrates -- the world consumes one billion cans or bottles of Coke a day -- our demand for these things, not our need, our want, drives us to consume way more calories than are good for us.

And those calories are in foods that cause, not prevent, disease.