

## Eating—Eating—Eating

Eat, from the Old English *etan*, means to put [food] into the mouth and chew and swallow it. You can *eat in*, *eat out*, *eat crow*, *eat dirt*, *eat humble pie*, and *eat your words*. You can *eat dust*, *eat your heart out*, and be *eaten up inside*. You can also be *eaten out of house and home*. That's a lot of eating. No wonder we have an obesity problem.

Let's start with your stomach. It is, after all, the first stop for everything you eat. Your stomach is a muscular, elastic, pear-shaped bag, lying crosswise in your abdominal cavity just beneath your diaphragm. It changes size and shape depending on the position of your body and the amount of food that's in it. Adults' stomachs are about 12 inches long and 6 inches wide at their widest point. A fully loaded adult stomach holds about 2-3 pints of food and drink.

Now that it's on the table, let's talk more about food. We're bombarded from morning until night with choices over what and how much we eat. Everywhere you turn there are candy bars, chips, cookies, sugar cereals, and prepared meals with loads of sugar, fat, and salt. There are also fruits and vegetables available. But, when's the last time you saw an apple in the checkout lane at the grocery or in a vending machine?

Everywhere these days there are chain restaurants specializing in everything from hamburgers to pizza to Tex-Mex. Look at the chart. Think about what you're eating. Aside from the big dose of sugar, fat, and salt, would this one meal even fit into a 2-3 pint stomach all at once?

Food	Total Fat / % Daily Allowance	Total Sodium / % Daily Allowance	Total Sugar / % Daily Allowance	Total Calories
Tostada Chips with Hot Sauce	36 grams / 55%	2590 mg / 108%	Not available	480
Chipotle Bleu Cheese Bacon Burger	71 grams / 109%	2070 mg / 86%	Not available	1090
Homestyle Fries	26 grams / 40%	250 mg / 10%	Not available	430
Large Classic Coca-Cola	0	5 mg / <0.1%	58 grams	214
Chocolate Chip Cookie Molten Cake	64 grams / 98%	680 mg / 28%	Not available	1240
TOTALS	197 grams / 302%	5595 mg / 124%	58 grams ++	3454

In his book, *The End of Overeating*, David A. Kessler, M. D. talks about how eating sugar, fat, and salt makes us eat more sugar, fat, and salt—how the food and restaurant industries dish out great tasting, big serving, bad-for-us food. Not just because the food is profitable, but also because we demand it. And according to Kessler, many of us demand it because we're hooked on it; in other words, it's a habit.

#### Eating Dos and Don'ts

- Think about what you put in your mouth.
- Break the sugar-fat-salt cycle one food at a time.

#### CONSIDER THIS:

1. Chewing a mouthful of food takes from 5-30 seconds
2. Food sloshes around in your stomach for up to 3-4 hours.
3. Americans eat over 2 billion pounds of chocolate a year.
4. In your lifetime, you will likely eat 50 tons of food.
5. Eating more calories than you burn makes you fat.
6. Changing the way you eat requires changing the way you think.

Want more bad habits? [www.bigbookpress.com/badhabits.html](http://www.bigbookpress.com/badhabits.html)