

Food Freedom - Part 3

Dark Secrets of Processed Foods



Photo by [HamZa NOUASRIA](#) on [Unsplash](#)

While the Canada Food Guide offers some information on food marketing and processed foods, if you search for it, it's generally overlooked in other authoritative information and education programmes.

Yet, where information about food is largely absorbed – marketing and product placement in media, including social media – processed foods are continually highlighted.

The issue of food processing is largely ignored or even minimized in public policies, even during the current ongoing pandemic of obesity and related chronic diseases.

As humans, we're unique in that we cook our food – one type of processing – as well as ferment, grind, soak, chop and dry. Although, if you're looking for the highest quality nutrition, you'll focus on foods that are minimally processed.

Here are three groups of processed foods:

Group 1 - Minimally Processed

Whole foods that have been submitted to some process that doesn't substantially alter the nutritional properties of the original food. They remain recognisable as their original form, while aiming to preserve them and make them more accessible, convenient, sometimes safer, and more palatable.

Processes include cleaning, removal of inedible fractions, portioning, refrigeration, freezing, pasteurization, fermenting, pre-cooking, drying, skimming, bottling and packaging.

Fresh meat and milk, grains, pulses (legumes), nuts, and fruits, vegetables, roots and tubers sold as such, are usually minimally processed in these ways.

Group 2 - Extraction From Whole Foods

These include oils, fats, flours, pastas, starches and sugars. Traditionally they're ingredients used in the preparation and cooking of dishes mainly made up of fresh and minimally processed foods.

- Oil is used in the cooking of grains, vegetables and pulses and is added to salads
- Flour is made into pastry and used as a covering for meat or vegetable dishes or as a basis for cakes
- Pastas are the base for dishes that include vegetables, meat and other group 1 foods and also oil
- Table sugar is added to fruit or milk-based desserts

Group 3 - Ultra-Processed Foods

The group 2 foods have become the basis for the ultra-processed foods. They're made from group 2 substances to which either no or relatively small amounts of minimally processed foods from group 1 are added - plus salt and other preservatives, and often cosmetic additives - flavours and colours.

This group of food includes breads, cookies (biscuits), ice creams, chocolates, confectionery (candies, sweets), breakfast cereals, cereal bars, chips and savoury sweet snack products in general, and of course sugared and other soft drinks.

Meat products such as nuggets, hot dogs, burgers and sausages made from processed or extruded remnants of meat can also be classified as ultra-processed foods.

Ultra-processed foods are typically combined with a sophisticated use of additives, to make them edible, palatable, and habit-forming. They have no real resemblance to group 1 foods, although they may be shaped, labelled and marketed so as to seem wholesome and 'fresh'.

Traditional processing (Groups 1 & 2) makes food more digestible and preserves it for use during times when food isn't readily available.

Farmers and artisans—bread makers, cheese makers, distillers, millers and so forth—processed the raw ingredients into delicious foods that retain their nutritional content over many months or even years, and kept the profits on the farm and in the farming communities where they belonged.

In his book *Fighting the Food Giants*, biochemist Paul Stitt describes the extrusion process, which treats grains for processed cereals with very high heat and pressure.

It denatures the fatty acids and even destroys the synthetic vitamins that are added at the end of the process. The amino acid lysine, a crucial nutrient, is especially damaged by the extrusion process.

The Rat Experiments

There's evidence in unpublished research indicating that the extrusion process turns the proteins in grains into neurotoxins.

Stitt describes an experiment, done in 1942 by a cereal company but locked away in the company's file cabinet. Four sets of rats were given special diets.

- One group received plain whole wheat grains, water and synthetic vitamins and minerals. They lived over a year on this diet.
- Another set was given nothing but water and synthetic nutrients. This group lived about two months.
- This set was given water and white sugar. They lived about a month.\
- Lastly this group received puffed wheat (an extruded cereal), water and the same nutrient solution. They astonishingly died within two weeks

This suggests there was something very toxic in the puffed wheat itself! Proteins are very similar to certain toxins in molecular structure, and the pressure of the puffing process may chemically change a nutritious grain into a poisonous substance.

Another unpublished rat experiment was done with 18 rats in 1960 with researchers at the University of Michigan in Ann Arbor.

There were three groups:

- The control group received rat chow and water. These rats remained in good health.

- A second group was given the cardboard box the cornflakes came in and water. This group became lethargic and eventually died of malnutrition.
- One group received cornflakes and water. The rats receiving the cornflakes and water died before the rats that were eating the box!

Before they died, the cornflakes-eating rats developed aberrant behavior, threw fits, bit each other and finally went into convulsions. Autopsy revealed dysfunction of the pancreas, liver and kidneys and degeneration of the nerves of the spine, all signs of insulin shock.

This might lead you to think about what you're feeding your kids and the possible connection to their behaviour.

Similar things can even be said for all ultra processed foods like milk, orange juice, and industrial soups. They sound like nutritious choices, however, they've become ultra processed and contain many synthetic and chemical flavours to enhance or mimic certain flavours.

There's only one way to put these companies out of business, and that is not to eat their food. So, what would you like for breakfast instead of cheerios and cornflakes?

The less processed you make your food choices the better off you'll be with your health - body, mind and spirit.

This article was written and researched by Lucy Crisetig. Lucy is a Creative Mindfulness Coach. Download your free copy of Lucy's "**Generate Your Soul's Genius**" ebook at www.lucycrisetig.com

<https://canadahealthalliance.org/fake-meat-and-other-fake-foods-synthetic-biology-wolves-in-sustainable-sheeps-clothing/>

<https://canadahealthalliance.org/why-the-fake-food-race-is-worth-3-trillion/>

<https://canadahealthalliance.org/synthetic-biology-the-future-of-food/>

<https://canadahealthalliance.org/false-solutions-that-endanger-our-health-and-damage-the-planet-the-corporate-push-for-synthetic-foods/>

<https://canadahealthalliance.org/the-menace-of-synthetic-foods/>

<https://canadahealthalliance.org/emerging-techniques-in-biotechnology-pose-new-risks-to-the-non-gmo-supply-chain/>

<https://canadahealthalliance.org/rat-feeding-study-suggests-the-impossible-burger-may-not-be-safe-to-eat/>

<https://canadahealthalliance.org/nutrition-and-health-the-issue-is-not-food-nor-nutrients-so-much-as-processing/>

<https://canadahealthalliance.org/dirty-secrets-of-the-food-processing-industry/>

<https://canadahealthalliance.org/gmo-myth-facts/>

<https://www.foodnavigator.com/Article/2020/05/04/CRISPR-genome-editing-to-address-food-security-and-climate-change-Now-more-than-ever-we-are-looking-to-science-for-solutions>