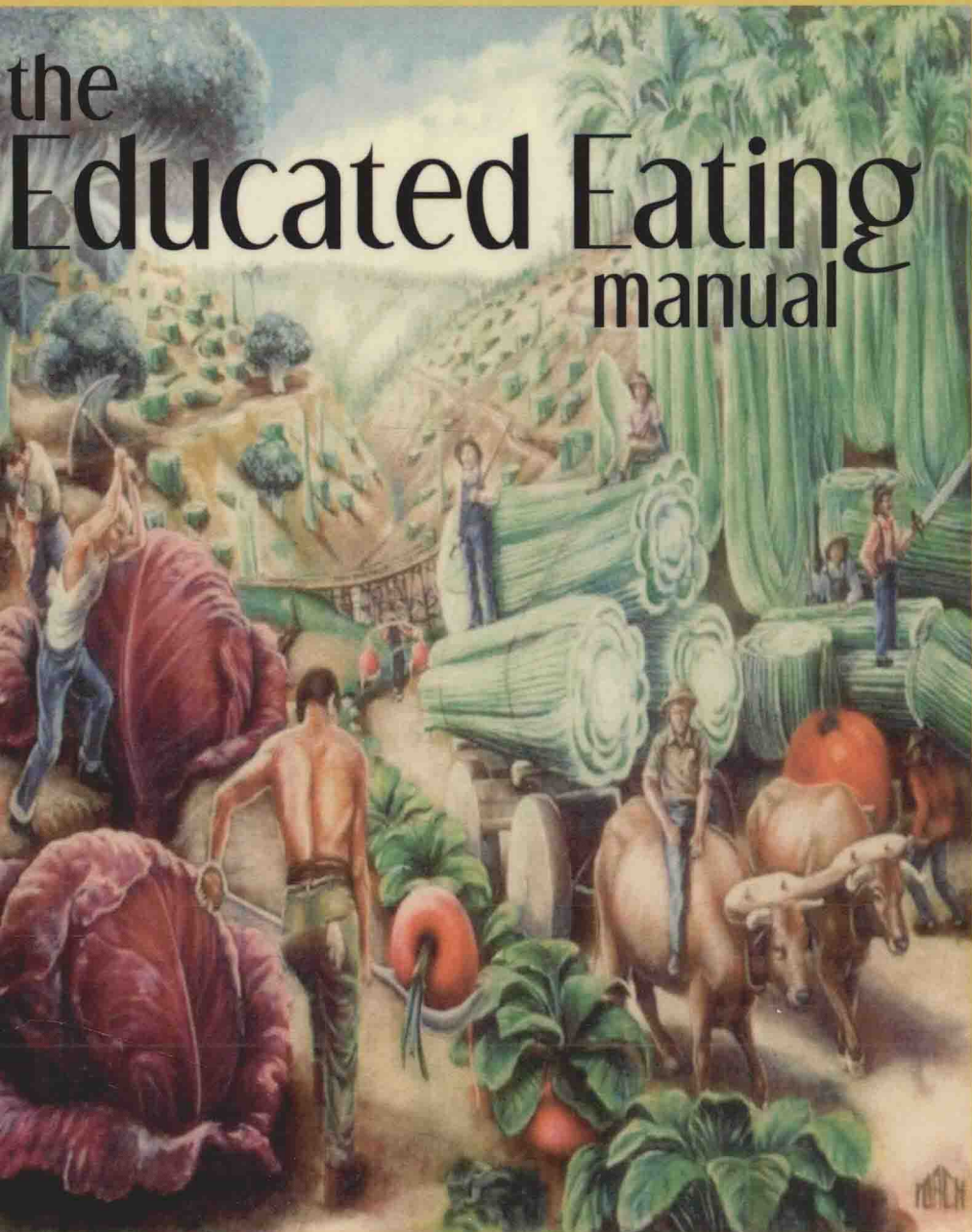


# the Educated Eating manual



Chris Barrows

# The Educated Eating Manual

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# **The Educated Eating Manual**

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# The Educated Eating Manual

Also by Chris Barrows

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*This book is dedicated to the city  
and people of Corpus Christi TX,  
a magical town where dreams can come true.*

# Preface

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Our bodies are made up of the food we eat. Foods we consume dictate how our body will perform. In this book you will find foods that will: increase your energy, help you lose weight, help you focus, increase your strength, be a better lover, help you live longer, and more. After reading this book, you will know how to improve your life with food.

Don't be fooled by false claims, get the facts. This fun and easy to read book contains the most recent information about the effects that foods and drinks have on the body. Will fruits or vegetables help you run faster? Will you gain more muscle mass consuming protein powders or whole foods? Will you live longer by eating fish?

You were given only one body; take care of it, and it will take care of you.

# Acknowledgements

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A special thanks goes to Jessica Pennington, Leif Quitevis, Dean Lucas, Jon Hueber, Eric Hanselmann, Carolyn Neal, and Jessica George for their help in transferring this book from a thought to a reality.



# Using This Book

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Thank you for picking up **The Educated Eating Manual**. This book was fun to write and I hope you enjoy it. The main point that I have to make before you begin is that this book is designed to help you choose foods that will help you toward a specific goal. However, the human body requires a variety of foods to enable it to function properly and give you the best performance.

The best guide in determining how much food to eat and from which specific group is the USDA food pyramid. Make sure to include a variety of foods daily. If you have specific nutritional needs, consult your doctor before making any changes.

With each page containing separate subjects, this book is meant for you to be able to skip around and find the subject that fits your goals. Yes, you made the right, educated decision by choosing **The Educated Eating Manual**.

# Table of Contents

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Preface .....	vii
Acknowledgements.....	ix
Using This Book .....	xi
Introduction.....	1
How Food Began .....	2
Water .....	3
Eat To Live Longer.....	4
Sickness Fighting Foods .....	5
Disease Fighting Foods .....	6
Brain Foods.....	7
Foods For Energy.....	8
Depression Fighting Foods.....	9
Foods For Sex.....	10
Protein For Muscle Gain .....	11
Foods For Sleep, Hair, and Eyesight .....	12
Foods That Lie.....	13
Healthy Fast-food Choices.....	14
Healthy Eating On A Budget .....	15
Fat Burning Foods .....	16
A Treat Is Not A Treat.....	17
Losing Weight.....	18
Fruits And Vegetables.....	19
Changing Your Eating Habits .....	20

Smart Foods.....	21
Foods That Cleanse.....	22
Food Myths .....	23
Foods In Other Countries .....	24
More Food Facts .....	25
The Future Of Food.....	26
Be Your B-E-S-T .....	27
Checklist.....	28
Final Thought .....	29
Resources .....	30
About The Author.....	31

# Introduction

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Our bodies are in tune with nature. We are affected by what happens around us. If it is rainy day, we feel and act differently than if it were a sunny day. Other people or animals around us affect our moods. The food we eat and liquids we drink also affect how we look, act, and feel.

We all know asparagus makes your pee smell funny, and that coffee wakes you up, but most people don't know how other foods affect the body. Common knowledge will tell you that eating healthy food is good for you, but many do not know that what they eat affects their mood, immunity, energy levels, sex drive, focus, and life span.

This book will show you how to become more in tune with your body and with nature. Being educated on what the foods you put into your body are doing, or not doing, will help you perform the way you want to perform, and live a long, healthy life.

Learn what foods and drinks will help you sleep better, grow your hair, clean your body, keep vital organs healthy, improve your eyesight, and adjust your weight.

Don't underestimate the importance of food and drink, without it we would be dead. We are what we eat, and what you put in your mouth makes you who you are.

# How Food Began

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In early times, even before fast food, Man found that the rumbling in his stomach meant that he should find something to put in it. When he found something that he could sink his teeth through - and if it tasted halfway decent - he ate it, and it settled the feeling in his stomach. If he lived the next day, he ate it again. They had a very simple rule back then: if the person eating the food before you holds their throat, gasps for air, and falls over dead, you didn't eat the same thing that they did. Experimenting with new foods was a little more intense in those days.

Today, we can feel confident that the foods we pick off the shelves at the grocery store are safe to eat. The trial and error part of finding safe and edible foods is over.

Some of the foods we eat were discovered by accident. Corn flakes and potato chips were discovered inadvertently. The invention of the microwave oven was discovered by mistake as well. Many recipes have been made by someone adding a wrong ingredient, or trying something new, and after tasting their creation, they had come up with a better recipe.

Thank your early ancestors for the food you eat today. Somebody at sometime had to be the first one to try the foods you eat. Back then, finding which foods contain health benefits could take generations to determine. Now we have science to help us determine which food benefits the body.

# Water

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I am going to start this book by stressing the importance of water. Every living thing on the planet depends on water to survive; your body is no exception. Your body has many systems and organs that would not last very long without water. Sodas and sports drinks are no substitute for water. Many drinks with alcohol or caffeine can even dehydrate you even more.

Somewhere, somebody said that you need eight glasses of water a day. Well, that is minimum for a non-active person. There are many other variables that require you to drink more than eight glasses of water per day. Exercising regularly, working in the heat, eating salty foods, and drinking alcohol all increase your body's requirement for water.

The body uses water to: cool down, keep organs functioning, flush out toxins, and to transport oxygen just to name a few purposes. Food only provides ten percent of needed water intake. If your urine is bright yellow, you are dehydrated.

# Eat To Live Longer

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To live a long, healthy life is the desire of most people. One of the most important things you can do to ensure that your life will not be cut short due to illness or disease is to eat right. Eating balanced meals will provide your body with the nutrients it needs to function properly.

There are other ways to extend your life expectancy, and help your body to live longer. One way is not to overeat. Eat less and live longer. Many studies have concluded that people, within their correct weight limits, will live longer than those who are overweight. So think twice before taking that second helping, you might be cutting time off your life.

There are certain foods that can help you extend your life as well. Here are some suggestions for those who want to live a longer life; eat fruits, vegetables, fish, and don't step in front of any moving vehicles. Fish, with its omega 3 fatty acids, can help reduce premature aging. Fruits and vegetables will keep your systems healthy, strawberries in particular can protect against age related diseases. Green tea and blueberries have powerful antioxidants that keep your cardiovascular system healthy. Make sure to avoid stepping in front of moving vehicles as this can greatly reduce your life expectancy.

# Sickness Fighting Foods

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There are foods that help your body to fight off intruders that cause you to feel sick. Consuming these foods on a regular basis will help your immune system do the job of keeping you healthy.

Let's start off with fruit; bananas, berries, grapefruit, and other citrus fruit help to build immunity. Other helpful plant life includes: mushrooms, sweet potatoes, broccoli, spinach, beans, nuts, and whole grains.

Yogurt's live cultures act as little immune system fighters. Spices such as: ginger, garlic, honey, and cinnamon help in the fight against sickness.

If you are already sick, there are a few foods that will help provide fast relief for your symptoms. Many people had their mom make them chicken soup when they were sick. Moms know best, chicken soup and plenty of clear fluids like water and tea will help to get you back on your feet. Eating about 20 tart cherries could reduce inflammatory pain and headache pain. Spicy foods and chilies can clear your congestion.

Consuming foods that have no nutritional value will most likely taste great, but sooner or later your body's defenses will break down from lack of proper nutrients, and you will get sick. If that pastry or greasy burger is worth it, and you end up getting sick, don't come crying to me. Try crying to your mom, maybe she will make you some chicken soup.



# Disease Fighting Foods

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Having good genes is one of the major factors that determine your chances of avoiding a disease. Experts also agree that watching what you eat can increase your body's ability to protect itself, and lower your chances of contracting cancer or disease.

The following foods help your body fight against cancer: onions, garlic, lemons, tomatoes, flaxseeds, mushrooms, whole grains, dark leafy greens, pumpkin seeds, soy, berries, carrots, and coconut. Beans and other legumes have been shown to reduce colon cancer. Cooked tomatoes help to fight prostate cancer. Cabbage helps to reduce breast and many other kinds of cancers, and blueberries will fight all kinds of cancers.

These foods help fight against cardiovascular disease: garlic, berries, cherries, fruits, spinach, carrots, sweet potatoes, vegetables, whole grains, and fish. Other ways to help reduce your risk of developing heart disease is by drinking enough water, lowering sodium intake, and watching your saturated fat consumption.

Incorporating any one or more than one of these foods into your meals will help you avoid these diseases. Both cancer and cardiovascular disease have been allowed to run rampant too long and have taken far too many people. Until a cure is available, use these foods to reduce your chances of disease. If you like a person or a group of people, and you don't know how to say it to them, prepare some of these foods for them, and let the food tell them you want to see them stay around a while.