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Date:09-25-2020

ENG1121

Unit 1 Writing Assignment

Word Count: 1410

To All Adult Living in the USA,

Hello, I just wanted to connect with you to see how you guys are feeling? Have any of you felt frustrated or sad when you've tried on your clothes and discovered your pants don't zip or your shirt buttons pop open? Well, you're not alone. Are you thinking could this be me? Or are you wondering how this happened to me?

Let me tell you my friend, very easily, if you live in America. Researchers have found that many factors come into play with weight gain. For starters, many people who live in the USA have office jobs where they sit in front of a desk. Farming and manufacturing jobs have practically gone away. This all leads to people living a more sedentary lifestyle.

Another factor of why "we are heavy" is that most people don't work out in their free time. According to the Harvard Health Publishing the percentage of people getting enough exercise is 5%. Can you believe that? Americans spend 55% of their waking hours sitting down. When Americans sit they watch television or play video games. (just like me). We live in the information age so that means we just sit around more watching YouTube, Websites, and Tweets. We're also bombarded with images of processed foods like Doritos and frozen pizzas, My favorite television go-to snack was Rocky Road ice cream.

The way we eat as a society also accounts for their overweight epidemic. Most people in America supersize their food portions and drink sugar-sweetened drinks. Also a quarter of a million Americans eat fast food every day according to global food, Health, and Society. The article states that many people perceive fast food to be convenient and easy to get to. People can drive in their cars, take public transportation, or walk down the street to find a variety of fast. I remembered that my friend told me about the Keto diet so I decided to read up about it and I gave this diet a shot. According to the Internet article, 5 Science-Backed Facts about the Keto diet, the Keto diet was first developed by Dr. Russell Wilder of the Mayo Clinic in the 1920's. His research proposed that a low carbohydrate diet and high fat diet could help people's lose weight and boost people's energy levels. The Keto diet is a plan that focuses on eating foods that provide us with healthy fats, proper amounts of protein, and limiting the amounts of carbs. As a matter of fact according to US News and World Report over 70% of people surveyed said they chose the Keto diet based on their own research.

The Keto diet can help you to lose weight and it will improve your health. It can lower your risk of diabetes and slow down cancer. Also in the article Dr. Saurabh Sethi, who specializes in gastroenterology in San Francisco writes that the Keto diet has improved blood sugar control for patients with type 2 diabetes.

Some foods that I wasn't able to eat while on this diet included high sugar fruits, no sugary foods like candy and cookies, and no pasta. Cereals, white rice, white bread, and beer were too high in carbs for me to eat. Some foods that I could eat on this diet are different kinds of meats, fishes, cheeses, chicken, nuts and healthy oils. All these foods are yummy to me.

By following this diet it became important for me not to eat processed junk foods. I stayed away from fast food joints. Instead, I devoted my energy to cook most of my meals at home. This way I was able to see for myself what ingredients I used.

There are a ton of books that you can buy or you can go online to find amazing Keto friendly recipes. Most recipes come with step-by-step pictures to help you with the cooking process. Some of the books also have sample meal plans that have food joints right at their fingertips. Many people living on a budget think fast food is cheap and that's why we are typically drawn to these places. Most fast food restaurants advertise cheap prices and show us very appealing images of what we can order. Also of these reasons combined make us want to eat fattening, greasy, fried foods.

Unfortunately, fast food is very unhealthy. Fast foods contain all the ingredients that are bad for our bodies. They are filled with empty calories, too much sugar, fat, and carbohydrates.

An increase in a person's calorie intake plus a lack of physical activity plus eating fast processed foods are the reasons why we have put on those extra pounds. According to Global Food, Health, and Society being heavy is unhealthy because it also leads to major complications such as premature death, all illnesses such as heart disease, diabetes, strokes, arthritis, and cancer.

Joining the Ketogenic discourse community has made a huge impact on my life. I started the Keto diet in the beginning of April while I was placed on furlough from my job. In the past, I was a fast food junkie. My family and I ate out a lot because I was too tired to cook and I thought eating at Wendy's would save me a lot of dough.

Being at home while snacking on just garbage processed food made me rethink my eating habits. I was beginning to feel like a couch potato. My jeans got tighter and tighter around the waist and

I felt like I had no energy. Maybe you are feeling the same way as I did? Maybe you want to change your eating habits but don't know how? I'm going to tell you what I did and what I learned.

One solution that helped me and would help others just like me was that I changed my lifestyle. If I did this then you can too. Right? You can follow to help you succeed in losing weight. I personally wrote down everything that I ate in a day so I was able to keep a close eye on my food intake. I like to swap Keto recipes with my friends so that was one way in which I was able to save some extra money. This was a big plus for me. There are also many Keto support groups that you can find on the Internet. Health and Wellness websites. Offer exciting information about the Keto lifestyle. There are so funny jokes to read, commentaries, little tidbits and many recipes that seem fun to cook. There is also a "Ketogenic Diet MeetUp" group that has members around the world. And, if you are the adventurous type, you can start your own club. How about that!

It's very easy to go out to eat with your family and friends and continue to follow this diet. Most restaurants offer some kind of meats or fish dishes that cater to the people following this diet. For dessert, you can eat a hunk of a slice of cheesecake.

I interviewed my friend, the person who recommended the Keto diet to me and I wanted to share with you what she said to me. She was on the Keto diet for 10 weeks and lost 49 pounds. She told me that she found tons of easy to follow Keto recipes on Youtube and Google. The one challenge she faced was that she had trouble staying under 20 grams of carbohydrates per day. Since the diet is high fat, moderate protein, and low carbs she still found a way to eat her favorite fruits and veggies and have the diet work in her favor. My friend does not belong to any support groups but she is considering it in the near future. Best of all, the majority of people she knows thinks she looks fabulous and noticed changes in her body, face, and energy level.

Being overweight can take its toll on you. I've been bullied and sometimes I have felt angry or upset over my weight gain. A helpful solution to this problem was that i kept a diary about how other people's comments made me feel. You can do this too.

For me the Keto diet was a winning experience and I hope you will give a try. After all, what do you have to lose?

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