Stop Wasting Time...Make a Food Lifestyle Change

October 14, 2011 By Rhonda Peters

We cannot afford not to make a food lifestyle change. Yes, I know, it's easier said than done, especially in this struggling economy, with people experiencing financial challenges and facing new realities such as no jobs or not being able to work due to poor health, which could lead to no health insurance means and lack of proper medical treatment. Unfortunately this is becoming more of the norm for many African American families. In fact according to the most recent numbers from the Bureau of Labor Statistics, African Americans in comparison to Caucasians, still have the highest unemployment rate.

So, now is not the time to gamble with our lives just so we can continue to eat whatever we want and "die happy" as some would say. In fact, eating whatever we desire has dire consequences that not only impact us, but also generations to follow. Cardiovascular Disease, diabetes, food allergies, thyroid disease, etc. are some of the many health issues that can be inherited either through genes or through training or habits--let's face it, in most cases, we eat what we eat because that's what momma fed us as children. The cycle continues to evolve and grow with each birth unless someone chooses to stop the cycle! Will that be you?

At the end of this article, my hope is that you will take a moment to stop and assess what you eat on a daily basis. If it is made up of more fast food items, meals in boxes or cans, then please consider making a change; one that involves whole foods such as fruits, vegetables and whole grains. Make a promise to yourself, that you will stop generations of unhealthy eating and add years to your life so that you can be an inspiration to your family!

If you're ready to make a change, leave a comment on what your plans will be.

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