

The Morality of Food

Chances are, at some point in your life, you said something to the effect of, “That’s so bad for you!” or “That’s so fattening!” If you were born in the 60s or 70s, you grew up in the “fat is bad” era, like me. It was ingrained in our heads as kids that fat was bad for you. EATING fat was how you BECAME fat. We’ve lived our whole lives watching certain foods be demonized as “fattening,” while others are hailed and praised as “clean eating.”

In my opinion, and this is just my opinion, there is not a single food on the planet that is “good” for you or “bad” for you. There are some foods that are more nutritious than others, yes. But is there a food out there that’s going to automatically make you unhealthy or instantly gain pounds of fat? The simple answer is no. Just like no food is going to make you thin or make you magically burn fat no matter how “clean,” no single serving of a food is going to make you gain weight either, no matter how lacking in nutrients.

What’s going to make you gain fat? If you’ve been around here long enough, you know that my answer, ahem, science’s answer, is **too many calories**. Plain and simple. Eating too many calories will make you gain fat. That’s too many calories in the form of donuts or too many calories in the form of rotisserie chicken and broccoli. It doesn’t matter where the calories come from – too many of them will pack on the pounds.

We would all be well-served to stop thinking of foods as good and bad. To stop ascribing a morality to food. The reason so many of us SUFFER from intense cravings is because we’ve convinced ourselves that we CAN’T eat certain foods. Anyone who has read a single article or book on psychology knows that that mentality only makes us want it more. If nothing is off-limits, if nothing is “bad,” then we are able to enjoy our favorite, less nutrient-dense foods without guilt. Once we find that we can do that, our path to fat loss becomes so much easier!

"GOOD" FOOD

550 Calories

10g Fat 112g Carbs

9g Fiber 6g Protein



Trader Joe's

Organic
Acai Bowl

260 Calories

10g Fat

44g Carbs

9g Fiber

4g Protein

"BAD" FOOD

448 Calories

22g Fat 42g Carbs

6g Fiber 18g Protein

McDonald's Egg
McMuffin

288 Calories

12g Fat

27g Carbs

1.4g Fiber

17g Protein



Naked Juice
Pomegranate
Blueberry

290 Calories

0g Fat

68g Carbs

0g Fiber

2g Protein

McDonald's
Hash Brown

160 Calories

10g Fat

16g Carbs

2g Fiber

1g Protein



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