The Unbelievable Fact - You never know what is going through your bodies

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I. Introduction

Our human body is composed of blood, organs and different systems, and the food we consume has a great impact on how our body system will work. However, as the living pace moves more and more quickly, fewer and fewer people pay attention to what they eat. Many of us just receive the messages from television and newspaper directly without thinking by ourselves. The following essay delivers the researches and studies about milk, protein and carbohydrates, which enable us to make intelligent and educated food choice for ourselves. A data of health relates to the amount of milk you drink produced by class 201 is also provided in the essay. Having a healthful diet, children can grow, develop and perform well in school. For adults, a healthy diet allows them to work productively and feel their best. Good food choices also can help to prevent chronic diseases, such as heart disease, certain cancers, and other problems which will later be discussed in the essay. Healthful diets contain the amounts of essential nutrients and energy needed to prevent nutritional deficiencies and excesses, and it is essential for us to understand which kind of food contains the right amount of nutrition for human bodies. Having the nutrition knowledge will empower us to become a person who knows how to enjoy food in a healthy, clean, and energized way.

II. Thesis parts

1. Milk

1-1 Traditional thought of milk

Many people have been told their whole lives, “You need to drink milk to grow. Without milk you will not get enough calcium,” which most people think is the main cause of having osteoporosis. We learn all the information from newspapers, magazines and the Internet, and many of us do not spend time reading the complicated nutrition books, which lead us into believing things that we don’t understand.

1-2 Research

Researchers at Harvard, Yale, Penn State, and the National Institutes of Health have studied the effects of dairy intake on bones. However, not one of these studies found diary products to be a detent to osteoporosis. On the contrary, a study funded by the
National Dairy Council itself revealed that the high protein content of the dairy actually leaches calcium from the body. After looking at thirty-four published studies in sixteen countries, researchers at Yale University found that the countries with the highest rate of osteoporosis, including the United States, Sweden, and Finland, were those in which people consumed the most meat, milk, and other animal foods. Another study showed that though 4 million American women have osteoporosis, only 250,000 African women have bone disease. In fact, of the forty tribes in Kenya and Tanzania, only one-The Maasai- has members suffering from osteoporosis. The Maasai, as it happens are a cattle-milk drinking tribe.

1-3 Health problems caused by drinking milk

In truth, dairy product have been linked to a host of other problems, including acne, anemia, anxiety, arthritis, attention deficit disorder, attention deficit hyperactivity disorder, headaches, heartburn, indigestion, irritable bowel syndrome, joint pain, osteoporosis, poor immune function, allergies infections, colic, obesity, hear disease, diabetes, autism, Crohn’s disease, breast cancers, prostate cancers, and ovarian cancers.

1-4 Dairy process

Milk must be pasteurized to clean out the bacteria in the milk. However, pasteurization destroys beneficial enzymes and makes calcium less available without even killing all the viruses or bacteria. Cows are injected with bovine growth hormone. Their udders, under normal conditions, would supply about ten pounds of milk a day. Greedy farmers have their cows producing up to a hundred pounds of milk a day! Cows are milked by machines; metal clamps are attached to the cow’s sensitive udders. The machines keep on milking even if the udders become sore and infected.

1-5 Statistics

1-5-1 How do you think about milk?
Retrieved from whatjapanthinks.com

1-5-2 Discussion

This is a survey of Japanese on how they think about milk. The date of the survey is October 17th~25th 2007. From the chart, we can clearly see that most of the people still like drinking milk, which we can imply that the knowledge of milk does harm our health is not well known by the public.

1-6 Data record

Many people believe that drinking milk benefit our bodies and does not necessarily link to the problem of obesity. This data is based on the observation of 30 students in class 201 who keeps the same daily routine except drinking 500cc milk every day for a month. The 30 students are classified into 3 groups- drinking milk every single day for a month, drinking milk for 15 days, and stop drinking milk for a month. The students chosen to do the experiment all weighted among 50-60 kilograms, which allow us to easily see the changes in weights.

1-6-1 Weight changes
1-6-2 Discussion

After the observation, most of the students who drink milk for a month have huge changes in how much they weigh. During the experiment, they continued to exercise and had the same daily schedule as before. Except drinking milk everyday, they kept the same amount of food they consumed every day as before the experiment. The data clearly shows that drinking milk every day does relate to obesity. From the form below, we can see that milk contains fat and is considered as high calories. We can get the same amount of nutrition from vegetables without worrying about the disadvantages of drinking milk.

The nutrition form of 瑞穗全脂鮮奶

<table>
<thead>
<tr>
<th>290 cc milk</th>
<th>Calories</th>
<th>189cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>9.3g</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>10.7g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>7.4g</td>
<td></td>
</tr>
<tr>
<td>Anti-form fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13.9g</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>13.9g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>107 milligram</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>290milligram</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>113 microgram</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₂</td>
<td>0.4 milligram</td>
<td></td>
</tr>
</tbody>
</table>
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1-7 Substitutes

People can get much higher levels of manganese, chromium, selenium, and magnesium from fruits and vegetables compared to drinking milk. Fruits and vegetables are high in boron, which helps lessen the loss of calcium through urine. Consuming high amounts of dairy blocks iron absorption, contributing to iron deficiency. A simple way to get adequate calcium is by including the following foods in your diet: fortified grains, kale, collard greens, mustard greens, cabbage, kelp, seaweed, watercress, chickpeas, broccoli, red beans, soybeans, tofu, seeds, and raw nuts. However, don’t be looking at eating all these foods as a quick fix. Research shows that supplements do not make a significant difference in preventing or treating osteoporosis. Fifteen minutes of direct sunlight every day aids in Vitamin D absorption, which means stronger bones.

1-8 Discussion

Drinking milk had been proved to be bad for humans in many researches. There are many substitutes for absorbing the right amount of calcium and protein. By comparing the traditional thought of milk and the researches, we can start to think independently and make our own choice of whether we want to drink milk or not.

2. The Myth of protein

2-1 Traditional thought of protein

As we all know, protein is essential to our bodies. Many people believe that eating meat provides us with massive proteins. However, it is a complete myth that we need a huge amount of protein.

2-2 Function of protein and problems caused by consuming too much protein

Too much protein- especially animal protein- can impair our kidneys; leach calcium, zinc, vitamin B, iron, and magnesium from our bodies. In addition, high amounts of protein can damage our tissue, organs, and cells, contributing to faster aging. Although too much is harmful, protein is still vital to our health. Protein produces enzymes, hormones, neurotransmitters, and antibodies; replace worn out cells; transport various substances throughout the body; and aids in growth repair.
2-3 Vegetarian

How much protein do we really need? The answer depends on who you ask, and it varies anywhere from 18 to 60 grams a day. Being a vegetarian can still get enough protein. Researchers at Harvard found that vegetarians get adequate amounts of protein needed daily. In his book, *Optimal Health*, Dr. Patrick Holdford explains that “most people are in more danger of eating too much protein than too little.”

There are many foods that provide vegetarian enough nutrition such as Spirulina; a high-protein alga that contains omega-3 and omega-6 fatty acids, B-12 enzymes and minerals. It also supports the immune system, fights cancer, and help with hypoglycemia, anemia, ulcers, diabetes, and chronic fatigue syndrome. Spirulina also contains all nine essential amino acid, which are the building block of protein.

2-3-1 Food Pyramid- vegetarians get enough nutrients

![Vegetarian Diet Pyramid](http://www.joe.org/joe/2001august/ent.html)

2-3-2 Examples of vegetarian athletes

There are some top athletes who are vegetarian: Chris Cambell is an Olympic wrestling champion; Keith Holmes, a world champion middle weight boxer and Martina Navratiłova, a tennis champion. Most of the vegetarian reveal that after they quit eating meat, they have better health and can easily maintain their good body shape.
3. Carbohydrates: The truth

3-1 Sugar free doesn’t make us healthier

Recently, many companies have jumped on the bandwagon of developing and marketing low carbohydrates drinks; however, people seem to be just following the diet trend no matter whether it is good for our health or not. Carbohydrates are compounds made up of carbon, hydrogen, and oxygen, and they are vital for providing energy for our bodies and brains. Yet all carbohydrates are not created equal.

3-2 Types of sugar

There are two types: simple and complex. Simple carbohydrate like white pasta, white rice and white sugar releases too quickly, almost violently, into our bodies, causing “sugar highs”. This tends to leave us feeling hungry, so we keep consuming food, which result in decrease of healthiness and obesity. On the other hand, complex carbohydrates are comprised of starch and fiber and release gradually, providing a steady source of energy. Food such as potatoes, yams, barley, corn, brown rice, whole wheat and especially fruits carries beneficial carbohydrates to our bodies.

The best-selling *Fit for Life* authors Harvey and Marilyn Diamond found that fruit best serves our bodies when eaten alone. When we eat fruit with other foods, the carbohydrate cannot pass through our bodies quickly. So it rots and ferments in our stomach. This can cause burping, bloating, and heartburn.

3-3 Business’s Fault

For some asinine reason, manufacturers decided that we wouldn’t buy their products unless they were white and soft. Therefore, companies took natural grains, like brown rice and whole wheat, and stripped away all their nutrients, vitamins, and minerals to achieve the color and texture change. This refining process totally compromises the nutritional integrity of the food. Companies then add these nutrients back into their refined, milled food and use terms like “enriched” or “fortifies” However, there’s no use trying to fool to our bodies. We can not absorb these add-in minerals with the same ease. Tragically, most cereals, pastas, rice bagels, breads, cookies, and cakes have been processed in the same way. Pay
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attention to how your body feels when you eat these foods. Chances are you will notice moderate to severe mood swings and energy surges and losses.

III Conclusion

We may conclude from the above essay that some of the cognitions we know about the food we eat are not enough for us to make the right decision to choose the healthy food. It is required for human beings to know what is going through our body since it is part of who we are. Food that we consume every day can be harmful. Milk, as most people believe, determined as nutrition sources for the growing, appears to be noxious for human body, and it does link to the problem of obesity. Protein is also proved to be destructive if taking the wrong amount. Carbohydrate has been processed by factories and turned into substances that become the cause of several health problems. Because of the media, we especially need to take great consideration into believing either the nutrition knowledge we’ve been taught by the public or the research we read on magazines. For our own rights, it is important to renew our knowledge and make decision in an educated way when we choose the food that we are going to eat. Being a smarter consumer enables us not only to appreciate the food we have, but also helps us keep a healthy and fit life.

IV Reference

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