Buying Garbage in a Bag?

Before Bieler, I confess, I was a complete junk-food junkie. If time permits, I will write to explain just how bad it was. I didn’t drink alcohol or coffee, I didn’t take street drugs—but junk food was my addiction. To me it was just this side of heaven. I served it for company. I had it with dips. I thought I was indulging in treats. Instead I was destroying myself.

That was forty or more years ago, and it was bad enough then. After Bieler, I realized that chips and dips were just a big mess, and I avoided them for years until my retirement, when I moved to southern Minnesota. I met some wonderful people there, including Doug and Lynn, who own a lovely organic farm, Whole Grain Milling, in Welcome, Minnesota. These fine folks have raised beautiful grass-fed beef and the finest of baking flours, among other things. It’s amazing what they’ve been able to accomplish in their lifetime. Lynn would always joke about her “organic junk food,” despite my caution about chips. She claimed their chips were purely organic, an excellent product. The worst it had for ingredients was sea salt and lime. For once, as prone as I am to allergic reactions, I was able to enjoy a small amount of their chips with no ill effects. To this day, these fine people are still in business.

Having complimented my friends’ workmanship, I must admit that I’m totally shocked at the so-called competition Lynn had warned me about. Investigative as always, I began to do research and see why people were getting such severe reactions after dipping their chips into some guacamole or their onion dip—and I wasn’t ready to just blame it on the dip, either.

I first pursued Doritos. The first bag of garbage I checked was their Cool Ranch flavor. This $3.50 “treat” contains 34 ingredients, enough to shock even me. I didn’t think anyone had the audacity to actually spell out *monosodium glutamate* (MSG), *artificial flavors*, and *artificial colors* (aspartame). Not one of those 34 ingredients is anything like wholesome. Their corn is GMO; they use the allergen soybean; the chips are laced with sugars and gratuitous amounts of salt. That’s at least a dozen hits of MSG and aspartame galore, including Red 40, Blue 1, and Yellow 5. The buttermilk is of questionable quality, and the cows were doubtless fed by GMO foods. They even claim to use friendly oils like canola. And if you’re gluten-intolerant, you’ve got even more reason to avoid the chips due to faulty flours. An official serving of twelve chips is laughable—one is poison enough. And all of this hidden behind that beautiful deep blue bag. This one gets an F.

Their Spicy Nacho flavor isn’t any better. I’m almost impressed, in a morbid way, at how the company manages to find new ways to overstimulate one’s palate. The whole concoction is laced with aspartame and MSG and is bound to create a craving for more. Their claim of zero cholesterol is laughable. The biggest difference between this and Cool Ranch is that it seems to have even more instances of MSG—both obviously and under one of its many sneaky aliases. It bothers me that sour old buttermilk from a GMO-fed cow is so prominently displayed. It sure tells me that no one makes chips from scratch at Frito Lay. Concern for health and safety has clearly gone out of the window. It’s hard to believe that people fall for these scams, but they do. I wish I knew how long it took Doritos to become this terrible. Another F.

Shame on Frito Lay! If one were to look only at the nutrition facts that are spewed out from McDonald’s, Burger King, Frito Lay, and so on, it doesn’t seem so bad, or at least not as bad as we might think. The big rectangular box is fraught with lies. I sincerely doubt that Frito Lay bakes their chips safely. Even the baked ones may very well be fried. There’s no way that it doesn’t affect one’s cholesterol. The ingredients list is hidden in small font at the bottom. GMO corn oil abounds. The questionable milk bases don’t help my faith in them in any way.

The two excitotoxins, MSG and aspartame, reign in Lay’s Sour Cream & Onion, too. I imagine the flavors are mostly the same in terms of ingredients. The biggest difference between Doritos and Lays is the fifty cents you save with the latter. Are you really considering getting poisoned for fifty cents? I’m sorry to say that nursing homes and weight loss groups have been sold bills of goods to use these products. These companies like to show healthy seniors or athletes in excellent condition, trying to prove how their diet plans can help. It’s not true.

Putting the chips aside for the moment, I’d like to remind you that canola oil is rapidly gaining attention as an inexpensive oil. Canola oil was, for much of its early existence, known as rapeseed, and is a hundred times more allergenic and toxic than soy (which is itself a weed). It leaves people reeling with allergies. What gets the blame here in Minnesota? Illnesses passed from child to child, or allergies caused by changes in weather. It’s nothing like that. Doctor Bieler maintained that a properly balanced person wouldn’t catch these allergies.

My sermon on snacks could continue for pages if I let it. This morning I pursued one last lead, something a local grocery store praised as a better chip—Xochitl brand tortilla chips. It may look a little decent—water and ground corn. But right there, in the middle of the list, stood canola oil. Why is it always put into products? Without examining a potential political motive, I’ll simply call it corporate greed. Canola oil is cheap and it lasts a long time.

Let me get off of my soapbox before I disgust you further. As a nutritionist for over 40 years, I recommend the Bieler-Burch method of finding something to do with your guacamole. It might not sound the most exciting of options, but you simply take good organic carrots and celery or bell-pepper strips or even zucchini and dip them. It isn’t flashy, but it makes for a good snack—and definitely better for you than the chips. Eat it separately from a proper meal, though; it’ll be sufficiently filling on its own.

If you have any leftover garbage bags, feel free to trash them. Don’t give them to someone else—you’re better off just getting rid of them.

By now you might be feeling a little nauseous. My point isn’t to make you ill, but to open your eyes and mind to seek new and better food outlets. I’m not so foolish that I don’t know we all feel the need for snacks from time to time. As far as drinks go, stay away from alcohol. Avoid “natural and artificial flavors.” Avoid those omnipresent sodas. Pursue organic teas like Tulsi Tummy or Moringa ([www.organicindiausa.com](http://www.organicindiausa.com)). Look for Moringa vegetarian caps to help with digestion and create alkalinity. Let’s end this with some thought-provoking quotes for the day.

[Little deeds are like little seeds, they grow to flowers or to weeds.](http://www.brainyquote.com/quotes/quotes/d/danieldpa199261.html?src=t_flowers) – Daniel Palmer

[Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness.](http://www.brainyquote.com/quotes/quotes/w/williameg150990.html?src=t_happiness) – William Gladstone

[Happiness often sneaks in through a door you didn't know you left open.](http://www.brainyquote.com/quotes/quotes/j/johnbarrym105535.html?src=t_happiness) – John Barrymore

Thanks for your time.

Reigh Parker-Burch

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