

OBESOGENS

Endocrine disruptors that affect the way the body stores fat, Obesogens reprogram our metabolism to build and store fat. Through eating commercially produced meats and produce we take in only trace amounts each time, but those amounts accumulate. In short, our bodies are responding the same way the animal/produce did...growing larger more quickly.

The three main sources of Obesogens related to food are:

- BPA (Bisphenol-A) – a chemical found in many plastics and the lining of cans
- Pesticides – sprayed onto non organic fruits during development
- Growth Hormones – injected into animals such as beef and chickens to make them get fatter.

How do we avoid/eliminate these Obesogens?

The first step in eliminating Obesogens is switching to organically produced foods whenever possible.

- Buy meats that state they're grass-fed. Often found in local farmers market, health food grocery stores (such as "Good Foods", "Whole Foods")
- Look for the organic label.
- Buy organic, fresh produce.
- Frozen vegetables and fruits are a better option than canned.
- Fruits that can be peeled are a better choice than ones that are thin-skinned which can absorb more of the pesticides.

The second step is to decrease BPA exposure.

- Plastic with a number 3 or 7 on it typically have BPA in it. Avoid these if possible.
 - Plastics with a number 6 do not contain BPA but do contain other chemicals that are known to be a carcinogen in humans.
 - Best plastic number without BPA in them are #1 & #4.
- Buy products that say "BPA free"
- Realize that manufactures do not have to list what is in the packaging material, so if it doesn't say BPA free, it may contain it.