

Did you know that the average American eats almost 1 ton of food a year (1996.3 lbs to be exact)? *

Many of us eat what we want, when we want, without any thought or concern about how the food we consume is affecting our health. My clinical experience has shown me that the average Americans' diet consists of approximately 50% inflammatory foods. This makes it nearly impossible to be aware of the effects of specific foods.

Wheat, dairy (milk and cheese) and sugar tend to be the most inflammatory foods my patients eat. Therefore, I always remove them from my patient's diet first. The list below shows just how much of these foods the average American adult ate in 2018. **

- Wheat flour and cereal products: **132.1 lbs/year**
- Milk (liquid): **145 lbs/year**
- Cheese: **40 lbs/year**
- Sweeteners (cane and beet sugar, high fructose corn syrup, corn sweeteners, edible syrups and pure honey): **124.6 lbs/year**

The bad news is that these items total 441.7 lbs of the 1996.3 lbs which equates to almost 25% of an American adult's total food intake. To make matters even worse, the foods listed above are only some of the 14 most inflammatory foods. However, these numbers don't truly reflect consumption, as a handful of people, myself included, avoid foods that they have found inflammatory to their system. I rarely eat wheat, milk/cheese and sugar so this means that someone else may be eating twice the amounts listed to make up for my low intake.

Last month, I wrote about removing wheat, milk and sugar products from your diet. (See below for a link to last month's article.) Did you do it?

If so, great job. Did you notice any changes in how you felt? Did you have less pain? More energy? Better and/or more sleep? Easier or improved bowel movements? More mental clarity? The change in symptoms can be endless and unique to different people. Keep up the great work and remember to monitor how you feel after eating certain foods, so you can continue to fine tune awareness around how food may be affecting you.

Removing inflammatory foods from your diet will pay huge dividends on how you feel and have an even greater impact on securing a healthy future. One of my roles in practice is to help my patients determine what foods are affecting them. Unfortunately, information without follow through is worthless. You are the only one who can make the decision to eat for health. The choice is up to you. I am available via email should you have any questions.

With Health and Happiness,

Dr. Art

Click [here](#) for my list of the 14 most inflammatory foods.

Click [here](#) for last months article.

* according to economists at the US Department of Agriculture in 2011

** [statista.com](#)