

No Peanuts: September 19, 2014

Joseph Mack © 2014

5112 Longwood Dr.
Durham, NC, 27713-8010

Home: (919)-401-2047
e-mail: jmack@austintek.com

I don't know whether you've noticed this but Whole Foods is extensively upgrading the labelling of their food.

OMG so I just got this *amazing* thing at Whole Foods.

There on the outside of the box, in BIG letters it says peanut free, soy free, milk free, egg free, wheat free.

I don't know if you can handle this, but it's also 0g trans fat.

Wait there's more. I looked on the side of the box and it's sugar free!!!.

- Peanut free:

We can throw away our epi-pens. No longer will you have to be on the lookout for kids helpless and choking on the ground, with their face red and swollen and their body looking like the Michelin man, while lying on the ground next to them is the feared peanut butter sandwich with one bight taken out of it.

Do you know that half of Africa lives on peanuts alone? The rest eat peanuts and watermelon. If that doesn't tell you something about peanuts, then nothing will.

- soy free:

What can I say. How did people ever wind up eating cattle food?

- milk free:

For generations now, we parents have been trying to get our kids off milk. Sure we let them have it as a special treat on their birthday, but that's the limit. Do you remember how when you were a kid and you'd go to the dentist, and if you had no cavities, he'd give you a toothbrush and a glass of milk? Well Mothers Against Milk (MAM) spent decades educating the public about such things and now you can safely take your kid to the dentist, knowing that they won't be given a glass of milk.

The children, think of the children. Would you give your baby milk?

- egg free:

Do you know that in India, there are kids whose only food is eggs. When they go to bed at night they can't sleep, because they only have eggs in their stomachs. Can you imagine it?

- wheat free:

Wheat was domesticated 5000 yrs ago in the fertile crescent, an event that helped humanity change from hunter/gatherers to agriculturalists. The transition was accompanied by a decrease in height of humans of about a foot. It's only in the last 50yrs that humans have returned to the height of our preagricultural hunter/gatherers of 5000yrs ago. Why the decrease in height? The diet was so poor. If the diet was so poor, why did agriculture win then? Because there were more calories, which fed more people, but unhealthy people. It turns out that 10 short, sick and feeble agriculturalists can fend off one tall healthy hunter/gatherer.

Man cannot live by bread alone, but tried for 5000yrs.

It's time we did something else.

- 0g trans fat:

Well no-one here would ever eat trans fat. You only have that in the house if you're trying to kill your spouse.

With a 0 trans fat diet, you'll live forever, just like the Eskimoes.

Is this thing I found amazing or what?!!! OMG who could ever have thought that such a fabulous thing exists?!!!! How have we lived without this till now?!!!!

Well we haven't been living. We've been hiding in our closets, knowing that every bite, every mouthful, as we taste and chew and it slides down our throats, to splash into our stomachs, even the stuff we think about eating is sending us to an early death, by arthritis, diabetes, cataracts and overweight.

It's because of our terrible diet!!! Our food is killing us slowly but surely. It's all our own stupid fault!!! And it's all completely preventable.

I shovelled boxes off the shelves I filling a grocery bag.

Well here it is (holds up a box of frozen pieces of cod); frozen fish!

On the way home, I realised that fish swim in the sea. The sea is full of salt. The fish are going to have their own built-in salt.

Are you crazy? I won't be eating any of this.
