

No Peanuts: October 4, 2014

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I don't know whether you've noticed this, but Whole Foods is extensively upgrading the labelling of their food. It's not just the nutrition information on the side of the box anymore. The front of the box now has information on it too. It turns out that everything Whole Foods sells is totally healthy.

Thank goodness. I've spent my whole life trying to find food I can eat. I spend my half my time in a grocery store just reading labels. There's so many things to worry about. Is the tuna caught in a dolphin friendly manner, does the salmon have mercury in it, are the eggs from free range hens leading a meaningful and fulfilling life, are the cereals GMO, are there pesticides, is the coffee fair trade, are the cattle fed antibiotics, is the bread local?

I dread going to a grocery store, because I know I'm going to be catatonic the minute I walk in there. Sometimes I come out having bought nothing at all.

So OMG I just found this absolutely *amazing* thing at Whole Foods. It was the answer to all my prayers.

There on the front of the box, in BIG upper case 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. I read the ingredients and what do you know, it's SUGAR FREE!!!. Can you believe this!!!

- 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 faces red and swollen and their body looking like the Michelin man, while lying on the ground next to them is the feared and dreaded peanut butter sandwich with one bight taken out of it.

- soy free:

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

- milk and egg free:

Well we all gave up meat decades ago. There's no-one here who eats meat anymore. The frontier now is giving up eggs and milk and here we are with Whole Foods showing the way.

- 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 30cm (give "so there!" look) (that's 12" for anyone still using the measurement system in place back then).

It's only in the last 50yrs that humans have returned to the height of our pre-agricultural hunter/gatherers of 5000yrs ago. Why the decrease in height you ask? That's a good question. 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 they were 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 we tried for 5000yrs. It's time we did something else.

- 0g trans fat:

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

You know the only other people on earth, who have 0g of transfat in their natural diet? It's the eskimoes. (I know you all know that.) We all know how healthy Eskimoes are. With a 0g trans fat diet, you'll have the health and lifespan of an Eskimo.

OMG who could ever have thought that such a fabulous thing exists?!!!! How have we lived without this till now?!!!!

Well the explanation of course is that we haven't been living. We know that everything we eat is sending us to an early death, by arthritis, diabetes, cataracts and overweight.

I pulled boxes off the shelves, filling one cart and then the next. When he saw what I was doing, one of the staff fetched the remaining boxes from the stock room. I soon had three shopping carts full. I loaded it all into my station wagon.

Well here it is (hold up a box of frozen pieces of cod and wave it at the audience); no peanuts, no soy, no milk, no eggs, no wheat, 0g trans fat, no sugar. Frozen fish!

On the way home, with my three shopping carts of frozen fish, 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, even if it's not part of the packaging.

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