The Case Against French Fries (Pat H.)

Potatoes, of themselves, are a fine food. However, if they are deep fried, eating them can affect my health, my weight, and lay the groundwork for future conditions that could really jeopardize my health. As a matter of fact, eating anything that is deep-fried is not good for me.

It is so easy to dismiss French fries as harmless – if I only eat them at a restaurant or every so often. The fact that they are considered "treats "is a red flag, when in fact, they are not harmless, especially to a compulsive overeater. There they are – potatoes gilded with crunch and salt, piping hot. They call to me.

French fries are like a wolf in sheep's clothing; they look so attractive. and harmless. Oh, sure, I can tell myself, "I'll share an order, "but really, that's just an excuse for me to eat them. The case has been presented. The jury has deliberated, and the verdict is in – French fries are, indeed harmful for me, a steppingstone to diabetes and high blood pressure.

SO, I am saying NO to French fries. I will undoubtedly mourn them, but then, with the help of the Twelve Steps, the Tools, and the OA Fellowship, I'll get on with my life. One day at a time!