



# American Women Didn't Get Fat in the 1950s: Diet Secrets From Slimmer Times

By Averyl Hill

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## American Women Didn't Get Fat in the 1950s: Diet Secrets From Slimmer Times By Averyl Hill

Have you ever noticed when looking at old photos, vintage media or perhaps from your personal recollections that women in the 1950s seemed much thinner than today?

Some key differences: 1950s: Women aged 20 - 39 years were, on average, thin. If you were fat your doc said: "You eat too much." Calorie consumption hit an all-time low. A 25" waist was a clothing size 10. High fructose corn syrup consumed: None.

Today: Women of all ages are, on average, overweight. Obesity is now a "disease." Calorie consumption is at an all-time high. A 25" waist is closer to a clothing size "zero." High fructose corn syrup consumed: 76% of corn sweeteners.

Is it really true that American women didn't get fat in the 1950s? Detailed gender-specific data wasn't published during the 50s, but an early 1960s government sponsored survey revealed that women aged 20 - 29 were, on average, a little over thirty-four pounds lighter than women in the same age bracket today! Women aged 30 - 39 were about thirty pounds lighter! It's true that women are taller today than the 50s, but not enough to explain the gain. In 1960 the average American woman was 63.1." Today she is 63.8."

What did women know or practice back then that kept them immune from an obesity epidemic? Could it be a matter of simply not consuming high fructose corn syrup or fast food? Not so fast. The root of the problem is far more expansive!

In this ebook you will be given access to many of the 50s slimming secrets women knew. It reveals pre-BMI medical metrics for healthy weight and eating which were far more stringent and based upon medical studies instead of comparing people to a norm. Also included are vintage US government food recommendations and an examination of the psychological climate and marketing practices to women in the 50s. You'll find suggestions for integrating

“outdated” healthy practices and attitudes into your diet to combat and replace the toxic practices and processed foods prevalent today often mistaken for “progress.” This heavily researched ebook contains over seventy linked citations and scans of vintage source materials.

"Diet" literally means "the kinds of food that a person, animal, or community habitually eats," and by applying the 1950s diet to her own life author Averyl Hill lost sixteen pounds and four inches around her waist and has kept it off years later. She didn't join a gym or spend money on branded, pre-packaged diet foods or pills, nor did she start wearing a string of pearls and heels while dusting her home. Going backwards can mean forward thinking!

Please note that this book does not contain recipes, nor is it a specific, prescribed diet plan. It gives you tools to help facilitate healthy choices about how you eat, move and think about food, weight-loss and overall fitness. Unlike fad weight loss diets today that haven't made us any slimmer, the 1950s diet worked for millions of American women-- a decade of hard evidence is hard to dispute-- and we can learn to adopt it again today!

#### About the Author

Averyl Hill's training and internships at The University of Vermont, where she earned a Master of Science in Counselor Education, included treating addictions and eating disorders. She is outdated by design, lives in a mid-century time capsule house and has spent over a decade immersed in vintage books, articles and other media related to food, lifestyles, health, beauty, well being and diets. Her approach is cognitive-behavioral with the belief that healthy eating and living is a bio-psycho-social issue and that sometimes “outdated” principles and practices are wiser than those of today.

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#### **American Women Didn't Get Fat in the 1950s: Diet Secrets From Slimmer Times By Averyl Hill Bibliography**

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