



Top 10 Facts You May Not Know About Your Diet

Adapted from www.nourishingourchildren.org

1. **Eggs are healthy:** Eggs are nature's perfect food, providing excellent protein, nutrients and important fatty acids that contribute to the health of the brain and nervous system. Egg substitutes cause rapid death in test animals. Pastured eggs are best.
2. **Butter is good for you:** Butter contains many nutrients vital to growth and brain function. Butter has nourished healthy populations throughout the globe for thousands of years. Butter from cows raised outside on pasture is best.
3. **Saturated fats and cholesterol are vital for optimum health:** Cholesterol helps babies and children develop a healthy brain and nervous system. Saturated fats provide integrity to the cell wall, promote the body's use of essential fatty acids, enhance the immune system, protect the liver and contribute to strong bones. In fact, saturated fats are the preferred food for the heart.
4. **Foods from grass-fed animals are important for good health:** Red meat is a rich source of nutrients that protect the heart and nervous system, including vitamins B12 and B6, zinc, phosphorus, carnitine and Coenzyme Q10. The fats of grass-fed meats contain vitamins A, D, E and CLA, a substance that prevents obesity and protects against cancer.
5. **Lean meat and low-fat milk should be avoided:** Lean meat and low-fat milk will cause depletion of essential vitamins A and D, needed for protein and mineral assimilation, proper growth, thyroid function, healthy brain and nervous system and normal cell function. Organic raw whole milk is best.
6. **Modern soy products are dangerous:** modern soy foods such as soy protein powders and soymilk block mineral absorption, inhibit protein digestion, cause endocrine disruption, depress thyroid function, and contain potent carcinogens.
7. **Hydrogenated and liquid vegetable oils contribute to heart disease and many other health problems:** during the period of rapid increase in heart disease (1920-1960), American consumption of animal fats declined, but consumption of hydrogenated and industrially processed vegetable fats increase dramatically. Processed vegetable oils have also been linked to cancer, bone problems, growth problems, learning disorders, autoimmune dysfunction, and infertility.

8. **A vegan diet leads to serious nutritional deficiencies:** Vital nutrients found exclusively in animal foods include complete protein, cholesterol, and vitamins A, D, B6, and B12. We can't get sufficient true vitamin A from plant foods, nor can most of us get vitamin D from the sun alone. Vitamin B12 is not absorbed from plant sources, and modern soy product actually increase the body's need for B12. Those who do not eat meat can have a healthy diet by consuming eggs and raw foods from animal on pasture, and by avoiding modern soy foods.
9. **Not all "organic" foods are healthy:** Organic pasteurized milk, breakfast cereal, chips, cookies, crackers and fruit juice are highly processed, refined convenience foods lack vital nutrients. Although the organic label for meat and milk ensures the absence of hormones, antibiotics and pesticides, such product may still come from animal in confinement and therefore lack vital nutrients for growth and immune function.
10. **Breakfast cereal is a junk food:** Cold breakfast cereals are produced by a process called extrusion, which causes the deformation, disruption, and dispersion of the proteins in grain. Unpublished studies indicate that these chaotic protein fragment are toxic, causing havoc in the gastrointestinal tract and nervous system of test animals.

For more information, see The Weston A. Price Foundation, a non-profit nutrition education foundation dedicated to providing consumers with accurate information about diet and health. Also see www.NourishingOurChildren.org.