

TOP 10 THINGS YOU MAY NOT KNOW ABOUT YOUR DIET

TIPS AND RECOMMENDATIONS FROM www.nourishingourchildren.org

1. 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.
2. Eggs are healthy: Eggs are nature's perfect food, providing excellent protein, as well as the gamut of nutrients and important fatty acids that contribute to the health of the brain and nervous system. Americans had less heart disease when they ate more eggs.
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. Saturated fats do not clog arteries, nor do they cause heart disease. 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 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.
6. Modern soy products are dangerous: Modern soy foods, such as soy protein powders and soy milk block mineral absorption, inhibit protein digestion, cause endocrine disruption, depress thyroid function and contain potent carcinogens.
7. Hydrogenated and liquid vegetable oil 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 increased 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 enough Vitamin D from the sun alone. Vitamin B12 is not absorbed from plant sources and modern soy products actually increase the body's need for B12. Those who do not eat meat can have a healthy diet by consuming eggs and raw dairy foods from animals on pasture, and by avoiding modern soy products.
9. Not all "organic" foods are healthy: Organic pasteurized milk, breakfast cereal, chips, cookies, crackers and fruit juice are highly processed, refined convenience foods lacking vital nutrients.

Although the organic label for meat and milk ensures the absence of hormones, antibiotics and pesticides, such products may still come from animals 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 call extrusion, which causes the deformation, disruption and dispersion of the proteins in grain. Unpublished studies indicate that these chaotic protein fragments are toxins, causing havoc in the gastro-intestinal tract and nervous system of test animals.