

Top 10 Facts You May Not Know About Your Diet

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Drum roll, please ...

1. **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. Egg substitutes cause rapid death in test animals. Chirs Masterjohn, PhD, teaches us about the [Incredibly, Edible Egg](#).
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. Read more about why [Butter is Better](#) from the Weston A. Price Foundation.
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. Learn more in an article titled [The Skinny on Fats](#).
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. Read more in an article titled [Splendor in the Grass](#).
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. Learn more about [low fat diets](#) and about how to [take the fear out of eating fat](#) from the Weston A. Price Foundation.

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. Read about the [Ploy of Soy](#). We recommend [The Whole Soy Story](#) by Kaayla T. Daniel, PhD via our Amazon affiliation.
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 increased dramatically. Processed vegetable oils have also been linked to cancer, bone problems, growth problems, learning disorders, autoimmune dysfunction and infertility. Read about [The Oiling of America](#) in an article by Sally Fallon Morell and Mary Enig, PhD. We also recommend the [DVD](#) Sally recorded.
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 foods. Take a [Vegetarian Tour](#) from the Weston A. Price Foundation. We recommend [The Vegetarian Myth](#) by Lierre Keith.
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, even organic ones, are produced by a process called extrusion, which causes the deformation, disruption and dispersion of the proteins in grain. Studies indicate that these chaotic protein fragments are toxins, causing havoc in the gastro-intestinal tract and nervous system

of test animals. Read more about the concerns we have about [breakfast cereals](#). We also recommend [Fighting the Food Giants](#) by Paul Stitt.