

Rethinking the Food Pyramid...



Did you know that after the USDA released the Food Pyramid in 1992 the rate of obesity skyrocketed? That's what happens when you encourage people to consume 6-11 servings a day of grain products without mention of product quality. And yes, there was a major link to the grain lobby. At the same time, the tip of the pyramid made the recommendation to use fats sparingly...no regard for the difference between good and bad fats. No mention of the fact that all our hormones are made from cholesterol.

The pyramid evolved and we were encouraged to eat less grains, make them whole, consume more fruits and veggies, but still eat "lowfat" milk and protein sources. We now have a "plate" as a guide – it's better but does not address the need for high quality fat consumption (so necessary DAILY for cell and brain health) or the processing of grains/nuts/seeds in a manner so our body can better use their nutrients. The issues of pesticide residues, dangers of genetically modified organisms, concern about antibiotics and hormones in our animal products are not mentioned. These issues are real and are negatively effecting our health with every bite.

With so much **mis**-information out there, are you feeling overwhelmed? Feeling misled? Please don't despair. The movement to get back to REAL nutrient dense food is growing exponentially. We will get there one step at a time. Pick a place to start this month. How about finding a local market in your area where you can meet the REAL farmer who grows your

food. Or pick one vegetable or fruit in your diet and promise yourself you will only buy it if it's grown organically.

One positive effort by the USDA is the program [Know Your Farmer, Know Your Food](#). This is a step in the right direction to deal with the issues mentioned above. Here in Muskegon County, we are fortunate to have a source for local and organic food called [Sweetwater Local Foods Market](#).

Take that first step.

Just start..

Until next time, wishing you **real food** for **real health** so you can be **real happy**.

Update January 2014 – Denise Minger has now published an amazing book I highly recommend [Death By Food Pyramid](#).