

## Understanding Protein

Growing bodies need quality PROTEIN in order to build, maintain, and repair muscles. While you can get some protein from plants, truly the best and most bio-available source (the most bang for your buck) is from pastured animals raised ethically and fed an appropriate diet. Whenever possible, look for 100% grass-fed beef and lamb, pastured poultry, pork and eggs, and wild-caught fish. Meat from these animals has an optimal nutrient profile and provides the vitamins, minerals, fatty acids, and hormonal precursors required for health and vitality. The price tag is higher, so don't feel guilty if you need to compromise to fit your budget, but also remember that money well-spent on good protein will reflect in the long-term health of your family. Less visits to the doctor, more energy, better gut health. And after some time, you'll discover you are satisfied with smaller servings, thus stretching your dollar a bit farther.

### HEALTHY SOURCES OF ANIMAL PROTEIN

100% grass-fed beef, lamb, bison...

Wild-caught fish

Pastured poultry and pork

Pastured eggs

Butter, ghee, tallow (beef/lamb fat), and lard (pork fat), duck fat, goose fat

Full-fat pastured dairy products like cheese and unsweetened yogurt

### HEALTHY SOURCES OF PLANT-BASED FAT

Beans

Olives

Nuts

Seeds

Lentils

Flax

Some veggies

### **A word about the fatty parts of animals...to eat, or not to eat...**

Conventionally raised animals are typically raised in crowded, unsterile environments without access to sunlight. They are also fed GMO grains tainted with pesticides. To increase their bottom line (think \$\$\$), big farm industries pump their animals with hormones for more meat and faster growth, and also antibiotics to keep the animals "healthy" and alive long enough for slaughter. These chemicals are stored in the fat of the animal. So if you are eating conventionally raised meat (and you can assume that's what you're getting in stores and restaurants unless otherwise noted), it's best to avoid the fat. Leave it on your plate. On the other hand, if you know the animal was fed on pasture and raised ethically, that fat is not only delicious, it's packed with nutrients. Feel free to enjoy!

***About 80% of antibiotics are used on animals, not humans. Choose your meats wisely.***