Nutrients Table

ANTIOXIDANTS

Protect cells. Reduce risk of disease. Support cellular health. Their synergistic relationship is why it is so important to focus on an intake of an array of nutrients rather than single nutrient intake.

- Apples (flavonoids)
- Apricots (flavonoids)
- Artichokes cooked
- Asparagus + %
- Blackberries
- Blueberries (flavonoids)
- Broccoli cooked
- Brussel sprouts
- Cabbage green + %
- Cabbage red + %
- Capsicums + % (flavonoids)
- Carrots + %
- Cauliflower
- Cherries
- Cloves
- Cranberries
- Cranberry juice
- Ginger
- Grape juice
- Green tea
- Green beans / peas
- Kiwi fruit
- Lychees
- Mango
- Mushrooms
- Orange juice
- Oranges
- Passionfruit
- Pineapple and Pineapple juice
- Pinto beans dried
- Plums (flavonoids)
- Pomegranate
- Potatoes and Sweet potatoes + %
- Prunes
- Quinoa
- Raspberries (flavonoids)
- Strawberries (flavonoids)
- Tea
- Tomatoes + % (flavonoids)
- Turmeric

OMEGA 3

Reduces inflammation Prevents excessive blood clotting Maintains fluidity of cell membranes.

Broccoli / Leeks	G
Brussel sprouts	G
Cabbage/Cauliflower	VG
Flaxseeds	E
Grapes	G
Kale	E
Lettuce/Greens/Beans	G
Pumpkin/Squash	G
Salmon (not farmed)	VG
Sardines / Scallops	G
Shrimps	G
Silverbeet	E
Spinach	G
Soybeans / Tofu	G
Strawberries	G
Tuna / Cod	G
Walnuts	E

ESSENTIAL AMINO ACIDS

Play a role in gene expression Building blocks of protein

Beans /Oats / Rye /Brown rice	TR
Chicken (organic)	all
Dairy / Eggs / Fish	all
Grains	methionine
Hemp seeds	all
Legumes	lysine
Quinoa	all
Soybeans	all
Whole grains (combined)	all

Combining grains and legumes in a diet that functions as a whole, provides all amino acids. Onions (flavonoids) Eating a wide variety of protein containing foods is essential to meet this need.

LIPOIC ACID

Maintains antioxidant defence. Helps regulate blood sugar.

Broccoli, Greens, Spinach	G
Calves liver / Beef	G

GLUTAMINE

Maintains health of intestinal tract. Ensures proper acid balance.

Beans / Beets / Cabbage	G
Chicken / Dairy / Fish	G
Beef	G

VITAMIN A

Vision / Immune system. Vitamin A rich foods contain other nutrients that work in synergy with Vitamin A.

Apricots/ Peaches	E
Asparagus	E
Capsicum / Chilli peppers	E
Basil/ Broccoli/ Brussels	E
Cantaloupe Melon	E
Carrot	E
Cayenne Pepper	E
Celery / Cucumber	G
Coconut Milk	E
Milk/ Eggs/ Yoghurt	VG
Grapefruit	VG
Green leafy vegetables	E
Green Beans / Peas	VG
Hemp Seeds	VG
Lettuce	VG
Mushrooms brown	E
Mango / Papaya	VG
Parsley	E
Passionfruit	G
Peppermint	G
Pineapple / Plums	G
Pumpkin / Squash	E
Sweet Potatoes	E
Tomatoes	G
Turnip Greens	VG
Watermelon	VG
Zucchini	VG

PRE BIOTICS

Leeks	
Garlic	
Onions (flavonoids)	
Asparagus	
Green fibrous vegetables	

Pre and Probiotics are essential for creating a healthy gut microbiome, which in turn, is essential for a healthy immune system. The gut microbiome impacts brain and mood. Important to find these in natural food sources.

PRO BIOTICS

All with live cultures

- Yoghurt
- Kefir
- Kombucha
- Miso Soup

VITAMIN B1

Conversion of glucose into energy. Plays a role in nerve function.

Asparagus	VG
Broccoli / Brussels	VG
Cabbage / Celery	G
Eggplant	VG
Green peas	VG
Mushrooms brown	VG
Oranges / Pineapple	G
Pumpkin / Squash	G
Spinach /Lettuce / Kale	VG
Sunflower seeds	VG
Tomatoes / Tuna	VG
Watermelon	G

VITAMIN B2 Riboflavin

Primarily involved in energy production, vision and skin health

Asparagus /Hemp seeds	VG
Broccoli / Cauliflower	VG
Cucumber / Eggplant	G
Fennel / Garlic Plums /	VG
Strawberries	G
Spinach	E

VITAMIN B3 Niacin

Conversion of carbohydrates and fat into energy, maintenance of healthy skin, nervous system and digestive function.

Asparagus / Salmon	VG
Broccoli / Cauliflower	G
Carrots / Green peas	G
Cod / Sardines / Shrimp	G
Kale / Spinach	G
Eggplant / Zucchini	G
Raspberries	G

VITAMIN B5 Pantothenic acid

Helps metabolise carbohydrates, proteins and fats, as well as produce red blood cells and steroid hormones.

Mushrooms	E
Cauliflower	VG
Broccoli / Corn / Greens	G
Strawberries / Silverbeet	G
Tomatoes /Zucchini	G
Yoghurt / Eggs	G

VITAMIN B6 Pyridoxine

Protein and carbohydrate metabolism, formation of red blood cells and brain chemicals, immune function and steroid hormone activity.

Asparagus	VG
Bananas	VG
Broccoli /Brussels	VG
Capsicum / Peppers	E
Cauliflower / Celery	VG
Chicken / Grapes /Tuna	G
Hemp Seeds	VG
Mango /Melon /Ginger	G
Mushrooms	VG
Pineapple (B complex)	E
Lychee (B complex)	VG
Spinach / Kale	E

VITAMIN B7 Biotin

Necessary for energy metabolism and glycogen synthesis.

Almonds / Peanuts	E
Eggs	VG
Goats Milk/ Yoghurt	G
Tomatoes	VG

B Complex vitamins are classified together due to their close functional relationship. In nature they are in conjunction - nowhere is a

VIT B12 Cynocobalimin

Metabolism and maintenance of a healthy nervous system, especially nerve coverings. Supports cellular metabolism. Supports production of red blood cells and helps metabolise protein, fat and carbohydrate.

Eggs	G
Goats Milk	VG
Milk	G
Mushrooms brown	G
Salmon	VG
Sardines	E
Scallops / Prawns	VG
Yoghurt	G
Chicken	E

VITAMIN C

Necessary for normal growth, development and repair of tissues throughout the body. Used to form the proteins in tendons, ligaments and blood vessels and the formation of red blood cells. Helps to heal wounds, form scar tissue, repair bone, cartilage and teeth. Antioxidant protection. Lowers cancer risk. Improves iron absorption. Regenerate Vit E supplies.

Apples	G
Apricots	VG
Asparagus	E
Avocado	G
Bananas	G
Basil	G
Beetroot	G
Blueberries	VG
Broccoli / Brussels	E E
Cabbage	E
Capsicum / Peppers	VG
Carrots / Cucumbers	E
Cauliflower / Celery	VG
Cherries	G
Corn (non gmo)	E
Cranberries	G
Kale / Greens	G
Kiwifruit	E
Grapefruit	G
Grapes	E
Green Beans	VG
Green Peas	VG
Leeks	E
Lemons / Limes	VG
Lettuce	E
Lychees	VG
Mango / Melon	VG
Onions	E
Oranges /Mandarins	E
Papaya	E
Parsley	E
Passionfruit	G
Pears	E
Pineapple	VG
Plum	G
Pomegranate	G
Potatoes	G
Pumpkin /Squash	E
Raspberries	E
Silverbeet	E
Spinach	E
Strawberries	E
Sweet Potato	VG
Tomatoes	E
Watermelon	E
Zucchini	E

VITAMIN D

Important for proper functioning of the body. Synthesised in the skin from exposure to sunlight. Bone health - key role in helping absorb calcium and phosphorous. Important for immune system , muscle function, cardiovascular function and brain development. Best source of Vitamin D is sunlight.

Eggs	G
Milk /Goats Milk	VG
Hemp seeds	G
Mushrooms Shitake	G
Prawns /Salmon	VG
Sardines / Tuna / Fish	VG

VITAMIN E

Antioxidant - protecting cells, tissues and organs from free radicals, it also helps keep immune system healthy, helps in formation of red blood cells and helps body use Vit K. Also known for helping widen blood vessels - preventing blood clotting.

Almonds / Brazils	VG
Asparagus	VG
Blackstrap molasses	VG
Blueberries	G
Broccoli / Brussel sprouts	G
Carrots	G
Cayenne Pepper	VG
Hemp seeds	E
Kiwi fruit	G
Mango / Papaya	G
Olives	G
Quinoa	E
Raspberries / Blueberries	G
Spinach	VG
Sunflower seeds	E
Silverbeet	E
Tomatoes raw	G
Turnip greens	E
Whole grains	E
Yoghurt	VG

VITAMIN K1

Asparagus	E
Basil	E
Black Pepper	VG
Broccoli / Brussell sprouts	E
Cabbage / Celery	E
Cauliflower	E
Carrots	VG
Coconut Milk	VG
Green beans / Peas	E
Kale / Spinach	E
Leeks / Lettuce	E
Mango / Papaya	VG
Parsley	E
Pumpkin	VG
Sea Vegetables	R
Silverbeet	VG
Soy	E
Spinach	E
Tomatoes	E

K1 seems to be the most important of K vitamins. Obtained from leafy green vegetables, Vitamin K is known for its clotting properties. Other functions include a role in cell growth, and metabolism of bone and tissue. Supports bone health and protects against osteoporosis.

VITAMIN K2

K2 is synthesised by the bacteria in animal and human intestines.

CALCIUM

Essential for all living organisms. Critical for strong bones and teeth. Essential for muscle contraction and nerve conduction. Maintains a regular heartbeat, lowers cholesterol and helps prevent cardiovascular disease.

Asparagus	G
Basil /Broccoli / Brussels	G
Cabbage / Celery	GV
Carrots	GV
Cheese	G
Cherries	G
Cinnamon	VG
Coconut milk	VG
Goats milk	VG
Grapes	G
Hemp Seeds	VG
Kale/ Leeks	VG
Lettuce	G
Lychees	G
Passionfruit	G
Sardines	G
Sesame seeds	G
Spinach / Greens	E
Tofu	G

COPPER

A critical component in the formation of red blood cellls. Helps keep blood vessels, nerves, immune system and bones healthy. Aids in the formation of elastin, promotes healthy connective tissue in hair, skin, nails, tendons, ligaments and blood vessels.

Asparagus /Aubergine	VG
Brazils / Cashews / Walnuts	VG
Kale / Spinach	G
Lentils	G
Lychee / Mango	G
Mushrooms / Eggplant	VG
Quinoa / Ginger	G
Sesame /Sunflower seeds	G
Potatoes and Sweet P	G
Tofu / Coconut milk	G

IODINE

A key component of thryroid hormones with a role in energy production. Burns excess fat by stimulating metabolic processes. Improves mental clarity.

Cheese /Eggs	VG
Fish (local not farmed)	G
Strawberries	VG
Yoghurt / Milk	VG
Seafood (local not farmed)	G
Sea Veg / Nori / Wakame	E

MAGNESIUM

Relaxes nerves and muscles Builds and strengthen bones. Keeps blood circulating smoothly.

Almonds / Cashews	G
Brown Rice	G
Broccoli /Brussels	G
Cherries	G
Lychees	E
Pineapple / Pomegranate	G
Quinoa / Hemp seeds	E
Spinach / Green beans	G
Pumpkin	G
Pinto/ Lima/ Kidney beans	G
Sesame seeds	G
Spelt / Quinoa	G
Sunflower seeds	G
Tomatoes	G
Zucchini /Silverbeet	VG

MANGANESE

Plays a key role in bone production, production, skin integrity, blood sugar regulation and protection against free radical damage.

Black Pepper	E
Broccoli / Brown Rice	E
Cinnamon / Coconut	E
Grapes / Greens	E
Lettuce / Mushrooms	VG
Oats / Rye / Quinoa	E
Pineapple/ Pumpkin	E
Spinach / Kale / Garlic	E
Strawberries / Raspberries	E
Turmeric / Walnuts Tofu /	E
Whole wheat	VG
Zucchini / Squash	E

POTASSIUM

Helps build protein and muscle, maintain normal growth, control the electrical activity of the heart, maintain acid balance of the body. Important for nervous system function, kidney health, and for blood pressure. It is well known for preventing muscle cramp.

Apricots	G
Eggplant	VG
Lettuce / Cucumber	VG
Lychee / Mango	VG
Mushrooms	E
Oregano	VG
Passionfruit / Bananas	VG
Pineapple /Papaya	VG
Pomegranate	VG
Parsley	G
Pumpkin / Pumpkin seeds	VG
Quinoa	G
Spinach / Silverbeet	E
Tomatoes /Turmeric	VG

SELENIUM

Plays a critical role in reproduction, thyroid hormone metabolism, DNA synthesis and protection from oxidative damage of cell membranes, tissue and skin. Important for immune function.

Asparagus / Broccoli	G
Brazil Nuts	E
Brown Rice/ Rye	G
Chicken	G
Coconut / Tofu Cod / Tuna/	G
Prawns	E
Eggs / Oats	VG
Garlic / Spinach	G
Macadamia	VG
Mushrooms shitake	E
Salmon /Sardines	E

ZINC

Involved in many aspects of cellular metabolism. Approximately 100 enzymes in the body require zinc for function. Essential for immune function, protein and DNA synthesis, cell division, skin health, male reproductive health and the sense of taste and smell.

Asparagus / Avocado	G
Beans/ Broccoli / Spinach	G
Chick peas / Dates / Ginger	G
Fish / Beef / Lamb	G
Hemp seeds	VG
Mushrooms	VG
Oysters / Scallops / Prawns	G
Pumpkin Seeds /Pistachios	G
Sesame seeds	VG
Yoghurt	VG

IRON

Found in every cell in the body. Essential ingredient in the heme molecule that carries oxygen in the two oxygen - carrying proteins: haemoglobin in red blood cells and myoglobin in muscles.

Asparagus	VG
Basil	VG
Black Beans	G
Broccoli / Brussels	G
Cabbage / Cauli	G
Chick Peas	G
Cumin	E
Fennel	G
Green Beans	VG
Kidney Beans	G
Leeks	G
Lentils	G
Lima Beans	G
Navy Beans	G
Olives	G
Oregano	VG
Romaine lettuce	VG
Rosemary	G
Sesame Seeds	G
Soy Beans	G
Spinach /Chard	E
Thyme	E
Tofu	VG
Tomatoes	G
Turmeric	E

PROTEIN

Primary building blocks of the structures of the cells and tissues of the body and involved in virtually all cell functions. Source of nitrogen and amino acids, needed for growth of cells. The body has no storage buffer of protein reserves, unlike fats and carbohydrates. Provides energy and maintains body structure.

Asparagus /Broccoli	VG
Cauliflower	G
Cheese (low fat)	VG
Chick peas	G
Chicken	VG
Coconut	VG
Cod/ Tuna	E
Eggs	G
Hemp Seeds / Chia	E
Lentils	VG
Mushrooms	VG
Oats	G
Prawns / Shrimps	G
Quinoa	VG
Salmon / Sardines	VG
Soybeans (non gmo)	VG
Spinach	VG
Tofu / Tempeh	VG
Turkey	VG
Whole grains	G
Yoghurt	G

NUTS AND SEEDS

Nuts and seeds are incredibly rich In nutrients. Many are a concentrated source of good fats such as omega-3 essential fatty acid, alpha linolenic acid (ALA) as well as heart healthy mono-unsaturated fats, such as oleic acid. Filled with vitamins, minerals and protein - Vitamin E, copper, zinc, manganese, selenium and also heart healthy lignans. Perfect for snacks.

Nature's Medicine Cabinet

Nature produces every food we need to be mentally and physically healthy, fit and dynamic.
Foods listed are generally those with highest nutrient content in relation to calorie content, and those that are readily available.
There are many other locally grown, nutrient rich foods - eating a wide variety is excellent.
Eat local, what's in season, fresh, organic as possible, spray free, preservative free.
Preservatives and additives create free radicals in your body, this develops into disease.
Herbs and spices are also rich in many nutrients and can be included regularly in meals.

A healthy immune system relies on a healthy microbiome. Eating nutritious natural food uncontaminated by processing, pesticides, preservatives and other chemicals is the best way to ensure that your microbiome and therefore your immune system is functioning at its best - helping you avoid disease and helping you recover if you are ill.

Steaming or lightly sauteing is the healthiest way to eat foods.
Overcooking destroys vitamins, minerals, antioxidants and other nutrients.
Some foods are higher in antioxidants when cooked = +%

Nature is our greatest medicine cabinet - providing us with a multitude of life saving medicines. All foods contain specific phyto-nutrients that are supportive of good health and prevention of disease. All phyto-nutrients have functions preventing inflammation, cancers, influenzas etc Fruit and vegetables often advertise their particular phyto-nutrients by their colours. Also promoting healthy systems - bone, brain, digestive, heart, immune, muscle, nervous, respiratory, reproductive, skin, vision. Nutrients working together provide greater benefits than ones working alone, particularly in treating chronic diseases.

A good resource for more information - a good source is World's Heathiest Foods www.whf.com

CARBOHYDRATES & SUGARS

Carbohydrates (saccharides) are organic compounds occurring in food and living tissue, consisting of carbon, hydrogen and oxygen atoms. They are one of the main types of nutrients consumed as a source of energy. Carbohydrates are called simple or complex, depending on their structure. Simple carbohydrates (also called simple sugars) include sugars found naturally in food, as well as sugars that are added to food during processing and refining. Complex carbohydrates (also call starches) include grain products and fibre.

Function of carbohydrates

Carbohydrates perform a variety of funcAons. They are involved in energy storage, providing the fuel for our cellular acAvity, stabilisaAon of metabolic processes, the structural framework of RNA and DNA, and cell to cell interacAon. Carbohydrates are the primary source of food for the nervous system and brain. As a fuel carbohydrates are consumed and eventually broken down into smaller and smaller units of energy (glucose, galactose and fructose) in the digesAve system. These small units of energy are absorbed into the body and carried to the liver where the liver converts the galactose and fructose into glucose, the main source of 'food' for the Assues, organs, muscles and brain. If the body does not need glucose for energy it is stored for later use aTer conversion to glycogen by the liver. Then when the cells need more energ, eg when exercising or when there has been a long Ame since eaAng, the body will convert the glycogen back to glucose to feed the cells.

Carbohydrate imbalances

Although carbohydrates play many important roles in the body the over-consumption of this fuel can result in a variety of health problems including:

Poor blood sugar control:

Eating an excess of refined carbohydrates can create a series of blood sugar highs and lows and these swings in blood sugar wreak havoc on the body's systems.

Weight gain:

Eating too much of any food, especially those high in refined carbohydrates can be a factor in weight gain.
However much is involved with any gain in weight situation. Usual suspects are Vitamin and Mineral imbalances (deficiencies), Hormone imbalances, imbalances within the microbiome, Past trauma which can be your own experiences or generational and passed down etc

Brain fog:

This can be an issue associated with falling blood sugar levels that occurs after the initial spike of blood glucose following the consumption of refined carbohydrates. The Cortices technique can help enormously to improve circulation of the brain and improve cell to cell communication.

PROTEINS

Proteins are organic compounds that consist of strings of amino acids. Proteins are primary building blocks of the structures of the cells and tissues of the human body and are involved in involved in virtually all cell functions. They are a major structural component of all the tissue and cellular structures in the organs, endocrine and body parts. Protein in our diet is a source of nitro- gen and amino acids. These materials are needed for growth of cells. Our body breaks down the proteins we eat into their component amino acids and then these amino acid building blocks are used to make new proteins and other substances in the body. Unlike fats and carbohydrates, the body has no storage buffer or protein reserves.

Function of protein

As well as acAng as a major structural component of the human body, proteins also contribute in a variety of other ways, including:

Transportation and storage of molecules: They help carry oxygen around the body in the form of haemoglobin. Ferratin is a protein that helps store iron in the liver. They also help carry fat and cholesterol around the body.

FIBRE

Fibre, also known as roughage, refers to plant based materials. There are two basic types of fibre: soluble and insoluble, depending on whether it dissolves in water. Soluble fibre is fermented by bacteria in our digestive tract. Insoluble fibre is not digestible by us or our gut microbes so it does not change form as it goes through our GI tract. Fibre is a food of choice for many of the healthy microbes in the gut. Without it, they do not thrive and they diminish in number. It keeps the bowels moving regularly and therefore prevents constipation by helping move bulk through the digestive tract. On the way it helps maintain good PH (acid balance) in the intestine and speeds up elimination of toxins from the body via the colon. Eating adequate soluble fibre can help prevent heart disease by reducing cholesterol levels. A diet with adequate insoluble fibre can decrease risk of constipation, colitis, colon cancer and haemorrhoids. A high fibre diet can also help with weight control as fibre fills you.

Sources

Insoluble: found in the skins, leaves and seeds of vegetables and fruits, as well as the bran portion of grains, whole grains, nuts, barley, brown rice as well as zucchini broccoli, celery and cabbage.

Soluble: found in some vegetables, fruit and legumes like black beans, kidney beans, navy beans, lentils and peas. Oatmeal and oat bran are also very good. Plus pectin rich foods like apples, strawberries and citrus fruit.

FATS

Fats, also known as lipids, are important for the body. They are the source of vital nutrients called essential fatty acids EFA) that cannot be manufactured by the body, and must be consumed in the diet. Two kinds of EFA's are Omega-3 and Omega-6. Key roles of fats include the transportation and absorption of fat soluble vitamins A, D, E and K. EFA's must be present in the diet, along with vitamins D and E to produce adrenal and sex hormones and control cell growth. EFA's are a key component of cell growth.

They distribute fat soluble Vit D, insulate nerves, help maintain body temperature. They increase metabolism and help dissolve body fat into fluids. They decrease blood cholesterol and triglyceride levels. EFA's and are also a component building block of prostaglandins. These hormone-like sub-stances regulate every organ, tissue and cell in the body.

Fat Imbalances:

EFA deficiency symptoms include mood swings, demenAa, memory loss, vision problems, sleep problems, hair and skin problems, excessive thirst, emoAonal sensiAviAes - and more.

PREBIOTICS & PROBIOTICS

Prebiotics are non digestible food ingredients that feed and nourish the mutualist bacteria in the gut. They are generally from plant fibre and the body itself is incapable of digesting this type of fibre. They are digested by our gut bacteria. Current Australian, American and European diets have about 1-3g of prebiotic fibre per day in contrast to 10-20g per day from archaeological records of our species. This sharp drop in our daily intake of food for our trillions of Any friends in our modern diets suggests they might be hungry.

Sources

Prebiotics

Present in about 30,00 edible plants. Some foods rich in naturally occurring prebiotics include garlic, leeks, onion, asparagus, artichokes, wheat bran, bananas, barley and rye. barley and rye. All raw fruit and veg.

PROTEINS	PREBIOTICS & PROBIOTICS
Enzymes: Enzymes are proteins in the body that catalyse reactions to help break things down, such as the digestion of food, and manufacture things we need in various cells and tissues.	**Probiotics** The term is used to describe live bacteria and yeast (the good guys) . Some foods naturally contain live, friendly. bacteria. However the trend is to obtain these in supplements. Ideally the gut microbiome contains 500-1000 different species of microbes, whereas supplements generally contain just a few and can only go so far in balancing gut ecology.
Hormones: Some hormones are made of protein, other hormones are made by proteins (aka enzymes). Hormones are one of the main communicators in the body, sending messages from the endocrine glands where they are produced, throughout the bloodstream to their target tissues. Insulin is an example of a protein that regulates blood sugar.	**Sources** Yoghurt, milk, kombucha tea, miso soup, kefir, kimchi and sauerkraut - all with live cultures. It's much easier to make your own things like sauerkraut than you'd think, give it a go.
Energy: They help produce the energy we need for life.	**WHAT MOTIVATES OUR HUNGER?**
Antibodies: Antibodies are proteins produced by B cells that are a key aspect of our pathogen defence system.	Researchers have long sought to understand why we pursue a certain diet. Many theories have abounded, which have now been put to the test, first with spider monkeys in the wild whose dining habits were carefully evaluated and later in pigs, rodents, fish, insects and humans. All keep eating until they get the needed amount of protein for their bodies regardless of how many calories or carbo- hydrates are consumed in the process.
Protein imbalances Egg is one of the most common food intolerances in infants and young children and generally fades over time. Symptoms include eczema, rashes around the mouth, hives or redness of the face.	When we look at humans, if protein is diluted with high carbohydrate or fat in our meals, it leads to over-consumpAon. Human test subjects kept eating until they reached their daily target protein intake, even if it meant over-consuming carlories or carbs. These findings suggest that in our modern highly processed ca and high fat diets, over-consumption to achieve our protein targets (a sub-conscious program driving our hunger), is likely an underlying factor in the obesity epidemic.

Notes: