

Other Harmful Things in Modern Diets

- ♦ Modern processed vegetable oils (from corn, soy, safflower, sunflower, canola, etc.), including cooking oils, margarines and spreads. Virtually all processed foods contain these damaged fats, especially snack foods like potato chips, fritos and cheetos. These oils are highly carcinogenic (they cause cancer), and they impair normal growth and promote obesity. These oils did not exist in the human diet before 1900. Since then they have replaced the healthy animal fats like butter that children need for normal growth and good health.
- ♦ Pasteurized and ultra-pasteurized milk products are highly allergenic, cause digestive disorders and are associated with asthma and allergies.
- ♦ Our food supply contains more than three thousand additives, many of which have never been tested. In addition, pesticides like RoundUp contaminate almost all processed foods.
- ♦ Artificial colors and dyes can cause attention deficit disorders in children.
- ♦ Artificial flavors, especially MSG, which gives a meat-like flavor to processed food. MSG can affect the hypothalamus, the seat of impulse control. MSG can also cause weight gain.
- ♦ Modern extruded breakfast cereals. The extrusion process used to make cereals like cheerios and corn flakes creates neuro-toxic proteins that can result in behavior problems in children. Also, many of these breakfast cereals contain sugar, dyes and artificial flavors.

Good Foods for Growing Children

There are plenty of delicious, nutritious foods that you can give to your grandchildren as special treats.

- ♦ Cheese! Especially artisan cheese, makes a delicious, nutritious snack. And you can use it in toasted cheese sandwiches garnished with bacon.
- ♦ Old fashioned ham, sausage and salami.
- ♦ Eggs and bacon!
- ♦ Steak and homemade hamburgers. Beef is a very nutritious food!
- ♦ Homemade soups and stews.
- ♦ Unflavored pork rinds are one good choice to purchase at quick marts.
- ♦ Teach your grandchildren about the foods of their ancestors—whether it be pat , shepherds pie, softshell crab, tacos or sushi. They will love receiving these nutritious comfort foods from their grandparents.
- ♦ Naturally sweetened homemade desserts are fine for special occasions. Make them with plenty of butter and use natural sweeteners. You can make homemade ice cream with a natural sweetener and heavy cream.
- ♦ Delicious kombucha (purchase brands that are not too sweet) makes a healthy soft drink for children.
- ♦ Raw whole milk is the perfect food for growing children. Learn to be a raw milk grandparent by providing delicious raw milk for your grandchildren.

SOURCES AND FURTHER INFORMATION
westonaprice.org/childrens-health/nourishingourchildren.org
Super Nutrition for Kids
The Nourishing Traditions Book of Baby & Child Care

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A Message to Grandparents



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The Gift of Health

Dear Grandparents,

Food is one of the many ways you can show your love for your grandchildren. Sharing special meals and treats is a wonderful way to spend time together and create memories. But whether they help or hurt your grandchildren's health depends on which foods you choose.

Many children today are very sick—this is the first generation expected to live shorter, sicker lives than their parents (your children). Rates of asthma, allergies and eczema are growing every year. Diabetes is afflicting children at younger and younger ages. Cancer is the leading cause of death in children, at rates unheard of when you were raising your children.

Often nutritional deficiencies appear as emotional and behavioral issues, due to a poorly nourished brain. Stress, mental illness, anxiety, depression, addictions are plaguing children at ever-increasing levels. Many children suffer from clinical depression, and suicide among teenagers is at an all-time high. Even young children suffer from chronic fatigue at an age when they should be brimming with energy.

You can help your grandchildren avoid these problems, giving them the gift of vibrant good health—by working with their parents to ensure that they get the most nutrient-dense diet possible, and avoiding all toxic, devalitized processed food.

You may remember what you fed your own children and believe that no harm can come from “treats” for your grandchildren. But the world has changed. Your grandchildren are exposed to toxic chemicals every day in their air, water, and even household items. Children today are supposed to be injected with twenty times as many vaccines as your children were. Moreover, research shows that nutritional issues grow with each generation (see the panel on Dr. Weston A. Price). So what caused little harm for your children can indeed cause serious problems for your grandchildren.

You can show your love for both your children and your grandchildren by supporting optimal health for this next generation with delicious, nutrient-dense meals and treats!

The Research Findings of Dr. Weston A. Price

Weston A. Price was a dentist who, during the 1930s and 1940s, traveled the world studying traditional peoples in order to determine what kind of diet resulted in optimal dental health (straight teeth and freedom from cavities) as well as optimal overall health.

He found that when people adhered to their indigenous diets they were healthy and strong, with straight teeth, freedom from cavities, a high resistance to disease, a balanced emotional life, high intelligence and ease of reproduction generation after generation.

In many places he was able to observe the changes that happened when people began to eat western foods, especially foods that contain sugar and vegetable oils. Immediately, tooth decay appeared, causing a lot of pain and suffering. But the most serious changes occurred in the next generation. The children were born with more narrow faces and crooked teeth. They were not as robust and strong; they were more susceptible to infectious disease, and they developed chronic ailments like asthma, digestive disorders and cancer. They became more prone to emotional instability and depression.

Dr. Price noted that with each generation on processed foods, these problems became worse. That is why grandparents may not develop serious health conditions as the first generation on processed foods, but their children will have health problems and in the grandchildren these problems will be more severe.

Many of us with children today grew up on diets based on sugar and vegetable oils and suffered numerous health problems; we want to avoid these problems in our children by giving them a more nutrient-dense diet.

We can all work together to reverse the epidemic of health problems in our children by keeping them away from foods that make them unhealthy—candy, sugary snacks, chips and other harmful processed foods.

The Sugar Monster

- Today, the average American consumes about one cup of sugar (one-half pound) per day! Sugar is an empty food and displaces foods that could be contributing vitamins and minerals.
- Sugar is hidden in many foods and has various names: fructose, glucose, high fructose corn syrup (HFCS), agave, raw sugar, brown sugar, cane juice, cane sugar, corn syrup, corn sugar, dextrose, ribose, sucrose, maltitol, sorbitol and mannitol.
- Sugar disrupts digestion, impairs the immune system, worsens heart health, impedes normal growth and leads to obesity, diabetes, cancer, inflammation, tooth decay and food allergies. Sugar disrupts hormones and hastens aging.
- Sugar disrupts intestinal flora, often giving children a stomach ache or constipation.
- After eating sugar, children often exhibit out-of-control behavior. They cannot focus in school and have trouble sleeping at night. When grandparents give their grandchildren sugar during visits, it is often the parents who must deal with tantrums and difficult behavior that follow. Sugar can turn sweet children into little monsters!
- Sugar is very addictive—just like alcohol, drugs and cigarettes. Would you give these to your grandchildren? Sugar can have the same effect on the body as opiates, such as morphine and heroin.
- Sources of hidden sugar include fruit juices, sodas and breakfast cereals. White flour in bread, pasta and pastries are quickly digested into glucose and thus can have the same effects as sugar.