



meatingplace



THE MEAT BUSINESS BY GREGORY BLOOM
Gregory Bloom shares over two decades of industry experiences working in six USDA inspected meat plants, selling meat, developing value added items and training chefs, retail meat cutters and food service sales people about meat.

Eating fat vs. getting fat

(The views and opinions expressed in this blog are strictly those of the author.)

Our current cultural obsession with reducing saturated fats and animal proteins from our diets will be the end of us.

For fifty years we've been following the advice of the Department of Agriculture and the American Heart Association. Myriads of so-called "unbiased" studies and nutritional experts have peddled their influences to promote the false premise that heart disease, cholesterol and overall health is improved if we eat less fat.

Since 1980, the USDA dietary guidelines have encouraged us to eat less fat. I guess the logic behind the catchphrases made so much apparent sense that the nation blindly believed the notion that "eating fat makes you fat."

Americans have reduced fats in their diets by 10 percent since 1970 and cut back even more on saturated fats. We've replaced those lost healthy calories with obesity-producing carbs and processed sugars. Now we're the second fattest nation on earth (the only nation fatter is Mexico).

As a result, heart disease rates have shot up, as have the corresponding rates of diabetes. In 1960, only one out of 100 people in the United States had Type 2 diabetes; today it's a whopping one out of 10. In 1960, one out of seven Americans was classified as obese. Today it's ballooned up to one out of three.

By 2050, projections show that *fully half* of Americans will be classified as obese and 1 out of 6 Americans will have diabetes. Those depression-inducing projections don't include the whole host of negative side effects that go along with the fattening of our culture and the growing needs for increased health care.

The 'reduced fat' health care system is going for broke

Who's going to pay for all this poor health advice that's estimated to cost \$47 trillion dollars by 2050? Why, Mr. and Mrs. Deep-pockets-Taxpayer, of course. The government takeover of the nation's out-of-control health care system has corralled all of us into footing the skyrocketing bills. Left unchecked, the mounting, underfunded debt of Medicare, Medicaid and Obamacare would consume *100 percent* of our tax revenues by 2040, if not sooner. Talk about an imminently collapsing Ponzie scheme!

There's even now been talk of plans by the Obama administration to provide taxpayer-funded government bailouts to health care insurers in order to keep their participation in Obamacare. Don't be surprised if you see them trying

to pull that one off. Ravaging our economy and financially bankrupting the next generation is the Modus Operandi of the day. What better way to sink a ship than to fatten up its occupants until they can no longer paddle and it can no longer float?

Stopping the propagation of popular falsehoods

It's high time to call out and challenge emotionally-driven animal rights groups like PETA, along with vegans, vegetarians, nutritional "experts" and others supporting the false notion that eating animal fats and proteins is unhealthy. They have no factual science on their side proving that eliminating animal proteins and fats from the diet is beneficial. Just the opposite is true. We have on our side the empirical evidence of a 40 year old real-world trial to reinforce the fact that eliminating fats and reducing animal protein is actually part of what's been making us sicker as a nation.

The #1 flag we should be flying for our industry is the nutrition flag! We already have the irrefutable facts on our side, so why aren't we using them to trumpet our cause?

If the majority of people were made aware of the truth of the matter, our industry would be booming and overall health would be improving.

Here's a couple of book recommendations to help arm you for the fight: [The Big Fat Surprise](#) and [Eat Fat, Get Thin](#). (No, I don't get kickbacks for recommendations, but these books are definitely helpful.)

How can we better reach people with the message that the meats that taste the best also boost our health the best? Suggestions?

9/29/2016