

## IGNORE OFFICIAL FAT WARNINGS SAYS FOOD WRITER

Britain's food policies are to blame for the tidal wave of obesity, diabetes and heart disease that threatens to engulf the health service, says food writer Graham Harvey, author of *The Carbon Fields* ([www.grassrootsfood.com](http://www.grassrootsfood.com)).

Speaking at the Natural and Organic Products Show at London's Olympia, he slammed the Government's Food Standards Agency for its renewed attack on saturated fats. No scientist who had studied the evidence still believed that saturated fats caused heart disease, he claimed. Yet the agency continued to promote this discredited theory.

As a result consumers were eating increasing amounts of carbohydrates, believing them to be the healthy option. Yet by flooding the body with insulin – the hormone which controls the formation of fat tissue – foods like pasta, cakes and breakfast cereals are producing record levels of obesity, diabetes and heart disease.

Harvey also attacked failed farming policies which had led to a vast over-production of wheat. Britain's farmers had switched from producing healthy, nutrient-rich foods. Instead they were flooding the market with a surplus of starchy cereal grains – the very crops which, when processed, were responsible for Britain's health crisis.

Much of the surplus grain was then fed to ruminant livestock whose natural food was herb-rich pasture. As a result many of the meats and dairy foods in today's supermarkets were depleted of the healthy, unsaturated fatty acids that would normally protect against many modern diseases.

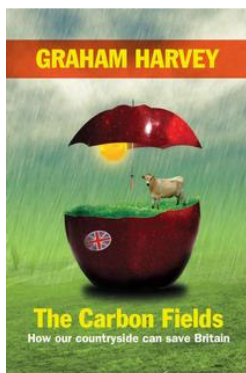
"Government food and farming policies have let down the British people," said Harvey. "We're led to believe that consumers are to blame for ill-health by making the wrong food choices.

"But governments have engineered the crisis by giving out the wrong advice and filling supermarkets with unhealthy foods. It's a situation the food and drug companies have been all too happy to exploit."

The good news was that consumers had a solution in their own hands, said Harvey. He urged them to ignore official warnings about saturated fats. The truth was saturated fats were the healthiest fats around, particularly when in meat and dairy foods from animals grazing natural grassland,

"Pasture-fed foods, which have been eaten by human beings for thousands of years, are rich in the nutrients that protect our health," he said. "It's time to put them back in our diets and chuck out the pasta, bread and pizzas." (as validated by a recent ESRC study [Eating biodiversity: an investigation of the links between quality food production and biodiversity protection](#))

For the full story read Graham Harvey's books *The Carbon Fields* (published by GrassRoots) and *We Want Real Food* (published by Constable).



### The Carbon Fields

How our countryside can save Britain

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- *The Carbon Fields* by Graham Harvey. For review copies or author interviews please contact Will Barnard at Grassroots, Ph. 07866 747688, e-mail [William.barnard@grassrootsfood.co.uk](mailto:William.barnard@grassrootsfood.co.uk)
- Graham Harvey won the BP Natural World Book Prize for *The Killing of the Countryside*.

Find out more at: [www.grassrootsfood.com](http://www.grassrootsfood.com)

- Economic and Social Research Council (ESRC) (2009, January 14). Biodiversity Passes The Taste Test And Is Healthier Too. ESRC. Retrieved January 21, 2009, from

<http://www.esrc.ac.uk/ESRCInfoCentre/PO/releases/2009/january/biodiversity.aspx?ComponentId=30312&SourcePageId=20654>