

**PREVIEW 2_ Dr. Peter Ballerstedt -
Grass-Based Health and the Ruminant Revolution (SD 2016)**

Dr. Ballerstedt: I want to make sure that as we go back and deal with the wreckage of what is the dietary guidelines, that we don't ignore some of the underlying causes that brought them into being. What led to the dietary guidelines?

This is a document that was released in February 1980 when the first dietary guidelines were released. And if you look at the summary points they are really not that controversial. There's a few things there that I could argue with and they are full of enough weasel words that even I could deal with it.

I mean eat a variety of foods... oh yeah, okay fine. You know, "Maintain ideal weight". They won't tell us how, but yeah, who could argue with that? "Avoid too much fat, saturated fat and cholesterol." Well, for me that's no problem because there is no upper limit.

"Eat foods with adequate starch and fiber." Well, yeah, that would be about zero, so that's not a problem. "Avoid too much salt" - we now know that's not the case. I mean, you know, again, that's not hard to do. And "If you drink alcohol, do so in moderation",

which is a concept that I really don't understand, so I just skip that. America has had this strange obsession with health-food for over a century, a century and a half.