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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

High Carb Low Fat Breakfast

By Dr. Donald A. Miller

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The current Low Carb fad is way off target. Our ancestors, depending on era and location, mostly ate more grains, fruits, vegetables, and less four legged meat than is common in present diets of North America and Europe.

It is no secret that fats can satisfy hunger, even long after the eating. That's one reason for the traditional popularity of breakfast bacon, sausage, butter, breakfast pastries, et cetera. For most of us who are not athletes, farmers, stevedores, or other calory burning people, we should restrict fat intake, and prefer unsaturated plant sources over saturated fats from meat sources.

Refined sugars can give us a quick energy high, but this won't last. Lumberjacks have long known that old fashioned pancakes and breads can sustain one through hours of heavy labor.

I don't have a reference handy, but I recall reading that Roman Legionnaires got an early morning start by eating cereal grains, proving that cereals can make a hearty breakfast. In our "more advanced" society, we have many prepared cereals to pick from. My very strong advice is to avoid the ones having hydrogenated oils or refined sugars, or more than a trace of added salt. And don't bother with enriched cereals if you are taking a daily vitamin – mineral tablet.

So what do I recommend for breakfast?

High Carb Low Fat Breakfast

Example 1: eggs poached in a small covered pan with a small amount of water, plus whole grain bread with a small amount of one of the new butter substitutes that has no hydrogenation.

Example 2: Whole grain cereal such as shredded wheat, corn flakes, wheat flakes, oats, oat meal, or similar. You can make your own from whole grains, if you have a grinder. Some food blenders will work. Avoid wheat farina, from which the bran and most of the germ were removed prior to grinding.

Example 3: Pancakes made from whole grain flour. A blend of wheat and other grains, such as corn, rye, soy (a legume) can make a nice texture while providing complete protein. Triticale is a hybrid of wheat and rye, but pre made flour can be hard to find. Use just enough baking powder. Cook on non stick surface with a touch of non stick spray or vegetable oil, no animal fats.

The cereal and pancakes do NOT need sugar or syrup, unless one is truly starved for calories. Those are "bad carbs".

Flavor and nutritional value are enhanced by adding some form of fruits, preferably with no refined sugar or fructose. I like to add sliced banana, raisins, or berries to cereal, mashed banana or unsweetened apple sauce to pancakes, and so forth. For serving more than one person, to justify the effort, grated apple gives more character than apple sauce. I often use orange juice instead of milk or water for pancakes.

If these breakfasts don't hold you until lunch, try serving a poached or boiled egg with the cereal, or mixing egg into pancakes. They are not a threat to blood cholesterol levels. Also consider a few almonds on the side, which provides unsaturated fat to fight hunger, and Omega-3 fatty acids supposed to protect the heart.

Be inventive. And don't avoid unrefined carbohydrates.

**** Diet with FACTS, not MYTHS. ****

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

Low-Carb Dieting During Pregnancy May Benefit Your Baby!

By Melissa White

As low-carb dieters change their eating habits, it is likely that these habits will stay with them. There is no surprise then that more and more pregnant women are trying to maintain their low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fact that there may be benefits in the long run for children of low-carb dieting.

Scientists from the Southampton School of Medicine have used mice to study the benefits of low-carb diets during gestation. It was found that pups born to mice fed a high-unsaturated protein and fat diet and low in carbohydrates were more likely to have low liver triglyceride levels than the pups born to mice fed a standard diet which was high-carb and low-fat. Low-carb pups also had higher amounts of protein that help in burning fat than the pups that were on the standard diet.

The mother mice were put on either the low-carb diet or the high-carb/low fat diets six weeks prior to being impregnated and stayed on the diets throughout their entire pregnancy as well as the duration of nursing. Post weaning all pups were fed the same high-carb diet, despite this fact, the pups born to the low-carb mothers were found to have significantly greater levels of the hepatic proteins CD36, CPT-1 and PPAR α , which help with fatty acid oxidation.

The mice on the low-carb diet ate about 21 percent less than the high-carb/low fat diet. These low-carb mothers also consumed about 57 percent fewer carbs, 23 percent more protein, and 153 percent more fat than the high-carb mothers.

Humans too need to maintain low levels of liver triglyceride and a good lipid (fat) metabolism. This will help reduce the risk of coronary artery disease. This disease alone kills thousands of Americans each year.

Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at:

[Low-Carb Dieting During Pregnancy May Benefit Your Baby!](#)

[Low Carb Ice Cream](#)

[Low Carb vs. High](#)

[The Best Way to Use Low-Carb Control](#)

[Low Carb Dieting Tips: When You Reach Your Plateaus](#)

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