

**EAT GRASS IF YOU WANT TO BE HEALTHY – Embargoed until 25th April**

Scotland's fertile pastures hold the key to ending the nation's mounting obesity and diabetes epidemic, said controversial food writer Graham Harvey.

Speaking in Glasgow he attacked the Food Standards Agency's (FSA) on-going campaign against saturated fats. The campaign has discouraged people from eating healthy foods such as beef, lamb, whole milk and dairy foods. When these are produced from animals grazing fresh grass, they contain nutrients that can protect against diabetes, heart disease and many other modern illnesses.

"The theory that saturated fat and cholesterol cause heart disease is now totally discredited," said Harvey. "Hardly anyone who has studied the evidence believes it any more – except the FSA. By continuing to portray all saturated fats as villains, they put consumers off the very foods that could be protecting their health.

"Traditional foods like meat, milk and cheese were once known 'protective foods' because they supplied the proteins, vitamins and minerals we need for good health. Now there's new evidence to show that when they're produced from cattle grazing fresh pasture they also contain key nutrients that fight obesity, heart disease, diabetes and cancer.

"But the FSA's bizarre campaign encourages people to eat dubious foods such as vegetable oil margarines and low-fat spreads, or out-and-out unhealthy foods such as pasta, white bread and other refined carbohydrates. The solution to our health problems lies in the Scottish countryside, not in the factories of food manufacturing companies."

"Farmers have a vital role to play in overcoming the nation's health crisis," said Harvey. "But if they're to do it they need to stop seeing themselves as producers of cheap commodity grains for global markets.

"They have a far more important job to do in producing nutrient-rich foods for the people of this country. This means taking cattle out of their sheds and off their grain diets and putting them out to pasture where they belong. Cattle raised the natural way on fresh pasture produce foods that are high in anti-oxidants such as vitamin E and omega-3 fatty acids, which are vital for good health. They also contain CLA, a powerful-cancer fighter. But these essential nutrients are depleted or absent from foods when the cattle are raised on cheap industrial grains, as many are today."

**NOTES FOR EDITORS**

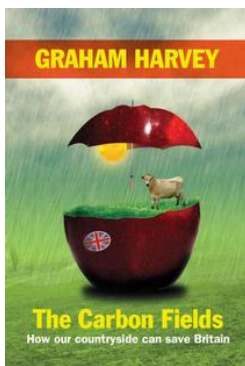
Harvey will be addressing the Scottish group of the McCarrison Society in Glasgow's Partick Burgh Hall on Saturday 25<sup>th</sup> April at 2:00pm. Named after doctor and food campaigner Robert McCarrison, the society promotes sound nutrition as the principal way to achieve good health.

Graham will call for a radical reshaping of UK agriculture to improve the nation's health. As a result of EU subsidies, farmers produce grain surpluses so great that almost half these grains are fed to animals, including cattle, a wasteful practise which damages the environment, and with dire consequences for consumer health.

Graham's full speech can be found online at [www.grassrootsfood.com](http://www.grassrootsfood.com)

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Graham Harvey is author of *The Carbon Fields* published by Grassroots. The book explains the health benefits of grass-fed beef and dairy foods.

**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: (01278) 683066, 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*.

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