

Primitive Eats

To slim down or fire up your vitality, try a new old way of eating

Pete Vieth, Ranch Foods Direct home service consultant, was surprised when he reduced his cholesterol dramatically while eating a steak everyday.

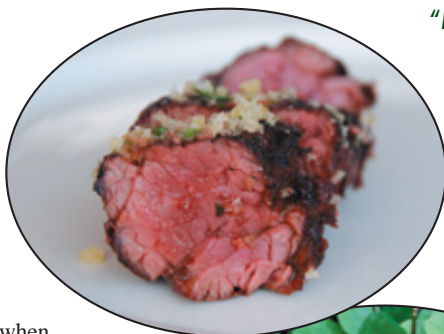
“It was really interesting, because my cholesterol has always been high. Then I started a regime of eating a steak everyday for lunch, and eating a lot of red meat at home in the evenings as well. I’d say 70 percent of the protein I was eating was from red meat. When I went to the doctor and had my cholesterol tested, it was 216, the lowest it’s ever been. That proved to me the whole theory linking red meat with high cholesterol was incorrect.”

Ranch Foods Direct Chief Financial Officer Michael Kaminski says he also noticed big health improvements and hit his target weight when he started eating a high protein diet fortified with lots of fresh fruits and vegetables. His mainstays for lunch are burgers, buffalo and a little chicken for variety.

“I try to eat five or six small meals at defined times,” he says. “I started to notice that I feel good; I’m not dragging anymore.”

Both recognized many similarities between their new eating habits and the so-called Cave Man Diet, or Paleo Diet, which is getting a lot of attention nationwide as a new old way to eat.

Based on the diet of early humans living during the Paleolithic Era, which predates the rise of modern intensive agriculture, it emphasizes natural meats, fish, eggs, tree nuts, vegetables and root vegetables, fruits, seeds and mushrooms, and eliminates processed grains, sugar, starches and fake foods. Salt and soft drinks are also discouraged.



“In most modern low-carbohydrate, high-fat diets, no distinction is made between good fats and bad fats. All fats are generally lumped together; the goal is simply to reduce carbohydrates and not worry about the fats... But you should worry about fats. Not all fats are created equal...”

— Loren Cordain in *The Paleo Diet*

The Paleo Diet also has a unique tie to Colorado: Loren Cordain, a scholar who teaches in Colorado State University’s health and exercise science department, literally wrote the book on it back in 2002, based on decades of research into the dietary habits and health of people who get their food by hunting and gathering.

“It all points to the notion that the diet humans are adapted to is real food,” Cordain told the *Denver Post*. “Living food.”

He translates that to mean a relatively high amount of animal protein compared with the typical American diet, and fewer carbs, with more of them in the form of fresh produce.

Another author who recommends indigenous or ancestral diets is Dr. Daphne Miller, who writes in *The Jungle Effect*, “Historically, rates of modern chronic disease really skyrocketed when people started eating modern processed foods.” She takes her patients (and readers) shopping and teaches them to cook incorporating dietary wisdom of their ancestors. Science writer Gary Taubes also explains in prodigious detail the dangers of processed carbs and sugars in *Good Calories, Bad Calories*, explaining how animal fats satiate without harmfully boosting insulin and blood sugar.

Fortunately, making all of your meals more “Paleo” is easy, as the recipes at right demonstrate.

Ageless Cuisine

Local restaurant Nosh (634-6674; nosh121.com) hosts a visit from Food Network chefs to raise funds for the UCCS-CU Aging Center. Three star chefs will demonstrate their culinary skill on Thurs., June 10 from 6-9 p.m. at the Lodge at UCCS. Tickets are \$125 each. Ranch Foods Direct is helping to sponsor.

GIVE THE GIFT OF A GREAT STEAK FOR FATHER’S DAY: Ranch Foods Direct ribeyes and New York strip steaks are 20 percent off in June. The perfect accessory to go with a new grill, apron or grilling equipment!
CELEBRATE SUMMER HOLIDAYS with all-beef burgers, natural hot dogs, sausages, brats!

Eat Like a Cave Man

Source of recipes: www.paleofood.com

Chuck Steak, Pizza-St yle

- 1 beef chuck steak, cut 1-in. thick, 1 1/2 to 2 lbs.
- 1 small onion, chopped
- 1 14 oz can Italian tomatoes, drained and chopped
- 1 Tbsp chopped fresh oregano (or 1 tsp. dried)
- 2 garlic cloves, chopped
- pinch of hot pepper flakes
- 2 Tbsp olive oil

Preheat oven to 350F. Place steak in a shallow glass baking dish with plenty of space around the meat. In a bowl, combine all other ingredients. Spread over top of steak. Bake steak uncovered 45 minutes to 1 hour, or until tender. Slice steak and serve with sauce from pan.

Cave Man Meatballs

Use finely shredded veggies to replace breadcrumbs

- 1 lb. ground meat (beef or buffalo)
- 1 ordinary sized carrot (not too big)
- 1 small onion (including green stalk)
- 1 egg
- spices as you wish

Grate the carrot fine, chop the onion (in a food processor, or blender, if desired) and then mix everything together. Form into balls (the consistency will be wet and loose.) Fry in a pan.

NOTE: To eliminate the breadcrumbs in meat loaf: Start with your favorite meatloaf recipe, but substitute chopped cabbage. Mix spices, egg, onion, etc. into the meat first, then chop or shred the cabbage (about half a head) and mix that in, then bake.

Casual Joe

Brown and crumble some ground beef with chopped onions and garlic (about an onion to a pound or a little bit more of beef.) Pour off excess grease, stir in a package of chopped spinach, cooked and well drained. Then stir in 3 or 4 beaten eggs, and cook until eggs are set.