Why Butter is Better

VITAMINS: Butter is a rich source of easily absorbed vitamin A, needed for a wide range of functions, from maintaining good vision to keeping the endocrine system in top shape. Butter also contains all the other fat-soluble vitamins (D, E and K_2), which are often lacking in the modern industrial diet.

MINERALS: Butter is rich in important trace minerals, including manganese, chromium, zinc, copper and selenium (a powerful antioxidant). Butter provides more selenium per gram than wheat germ or herring. Butter is also an excellent source of iodine.

FATTY ACIDS: Butter provides appreciable amounts of short- and medium-chain fatty acids, which support immune function, boost metabolism and have anti-microbial properties; that is, they fight against pathogenic microorganisms in the intestinal tract. Butter also provides the perfect balance of omega-3 and omega-6 essential fatty acids. Arachidonic acid in butter is important for brain function, skin health and prostaglandin balance.

CLA: When butter comes from cows eating green grass, it contains high levels of conjugated linoleic acid (CLA), a compound that gives excellent protection against cancer and also helps the body build muscle rather than store fat.

GLYCOSPINGOLIPIDS: These are a special category of fatty acids that protect against gastro-intestinal infections, especially in the very young and the elderly. Children given reduced fat milks have higher rates of diarrhea than those who drink whole milk.

CHOLESTEROL: Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health and for brain and nervous system development in the young.

WULZEN FACTOR: A hormone-like substance that prevents arthritis and joint stiffness, ensuring that calcium in the body is put into the bones rather than the joints and other tissues. The Wulzen factor is present only in raw butter and cream; it is destroyed by pasteurization.

The Weston A. Price Foundation

- Provides a reliable source of accurate nutrition information.
- Provides a strong voice against imitation foods.
- Does not receive funding from any government agency, nor from the meat and dairy industries.
- Campaigns for a return to healthy traditional fats.
- Warns consumers about the dangers of modern soy foods.
- Promotes access to unprocessed whole milk products from pasture-fed animals.
- Keeps members informed through *Wise Traditions*, a lively quarterly journal.
- Maintains two popular websites: westonaprice.org and realmilk.com.
- Helps consumers find healthy, farm-fresh foods through a system of local chapters.

Local chapter and membership information is posted at www.westonaprice.org, or call (202) 363-4394.

Compliments of:

SOURCES AND FURTHER INFORMATION

Know Your Fats by Mary G. Enig, PhD
www.bethesdapress.com
www.westonaprice.org/knowyourfats
www.westonaprice.org/foodfeatures/butter.html
www.realmilk.com

Butter is Better!



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Butter and Your Health

HEART DISEASE: Butter contains many nutrients that protect against heart disease including vitamins A, D, K_2 and E, lecithin, iodine and selenium. A Medical Research Council survey showed that men eating butter ran half the risk of developing heart disease as those using margarine (*Nutrition Week* 3/22/91 21:12).

CANCER: The short- and medium-chain fatty acids in butter have strong anti-tumor effects. Conjugated linoleic acid (CLA) in butter from grassfed cows also gives excellent protection against cancer.

ARTHRITIS: The Wulzen or "anti-stiffness" factor in raw butter and also vitamin K2 in grass-fed butter, protect against calcification of the joints as well as hardening of the arteries, cataracts and calcification of the pineal gland. Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive.

OSTEOPOROSIS: Vitamins A, D and K_2 in butter are essential for the proper absorption of calcium and phosphorus and hence necessary for strong bones and teeth.

THYROID HEALTH: Butter is a good source of iodine, in a highly absorbable form. Butter consumption prevents goiter in mountainous areas where seafood is not available. In addition, vitamin A in butter is essential for proper functioning of the thyroid gland.

DIGESTION: Glycospingolipids in butterfat protect against gastro-intestinal infection, especially in the very young and the elderly. Arachidonic acid in butter helps build a healthy gut wall.

GROWTH & DEVELOPMENT: Many factors in butter ensure optimal growth of children, especially iodine and vitamins A, D and K_2. Lowfat diets have been linked to failure to thrive in children—yet lowfat diets are often recommended for youngsters!

ASTHMA: Saturated fats in butter are critical to lung function and protect against asthma (*Thorax*, Jul 2003;58(7):567-72).

Butter and Your Health

OVERWEIGHT: CLA and short- and medium-chain fatty acids in butter help control weight gain.

FERTILITY: Many nutrients contained in butter are needed for fertility and normal reproduction.

SKIN: Arachidonic acid and vitamins A and D in butter help maintain healthy skin.

Bad Things in Margarine, Shortenings and Spreads

TRANS FATS: These unnatural fats in margarine, shortenings and spreads are formed during the process of partial hydrogenation, which turns liquid vegetable oil into a solid fat. *Trans* fats contribute to heart disease, cancer, bone problems, hormonal imbalance and skin diseases; infertility, difficulties in pregnancy and problems with lactation; and low birth weight, growth problems and learning disabilities in children. Recently a US government panel of scientists determined that man-made *trans* fats are unsafe at any level. (Small amounts of natural *trans* fats occur in butter and other animal fats, but these are not harmful.)

FREE RADICALS: Free radicals and other toxic breakdown products are the result of high temperature industrial processing of vegetable oils. They contribute to numerous health problems, including cancer and heart disease.

SYNTHETIC VITAMINS: Synthetic vitamin A and other vitamins are added to margarine and spreads. These often have an opposite (and detrimental) effect compared to the natural vitamins in butter.

EMULSIFIERS and PRESERVATIVES: Numerous additives of questionable safety are added to margarines and spreads. Most vegetable shortening is stabilized with preservatives like BHT.

HEXANE and OTHER SOLVENTS: Used in the extraction process, these industrial chemicals can have toxic effects.

BLEACH: The natural color of partially hydrogenated vegetable oil is grey so manufacturers bleach it to make it white. Yellow coloring is then added to margarine and spreads.

ARTIFICIAL FLAVORS: These help mask the terrible taste and odor of partially hydrogenated oils, and provide a fake butter taste.

MONO- and DI-GLYCERIDES: These contain *trans* fats that manufacturers do not have to list on the label. They are used in high amounts in so-called "low-*trans*" spreads.

SOY PROTEIN ISOLATE: This highly processed powder is added to "low-*trans*" spreads to give them body. It can contribute to thyroid dysfunction, digestive disorders and many other health problems.

STEROLS: Often added to spreads to give them cholesterol-lowering qualities, these estrogen compounds can cause endocrine problems; in animals these sterols contribute to sexual inversion.

How to Purchase Butter

BEST: Raw butter from grass-fed cows.

GOOD: Pasteurized butter from grass-fed cows.

STILL GOOD: Regular pasteurized butter from supermarkets—still a much healthier choice than margarine or spreads.

FOR SOURCES, contact the Weston A. Price Foundation and request our Shopping Guide; visit www.realmilk.com; or contact your nearest local chapter, posted at www.westonaprice.org.

