

**PREVIEW\_ Dr. Cate Shanahan –**

## **4 Things That Healthy Diets Have in Common (Vail 2016)-SD**

If you look to what the chefs have been doing,  
that's really the best guide,  
because before we had nutritionists telling us to worry  
about things like saturated fat and cholesterol.  
We were healthier and we were paying attention to what really matters about food,  
which are - "where did it come from?"  
You know, did it come from a healthy spot of the land?  
And how fresh is it and what was done to it?  
Between where it came from and your plate.  
And so is it, you know, processed a lot, is it overcooked,  
is there some processing that has been done  
to either enhance or reduce the nutrition?  
And it turns out that when you look at all the cultures  
and cuisines all around the world  
and you might think there's so much diversity,  
there is really only four different things  
that they do in terms of the culinary practices.

So the first category is the easiest - you just eat it raw, the fresh food.

So that's the first pillar, what we call the Four Pillars of--

-You eat raw food, okay?

-Correct.

Raw meat?

Whether we're talking about animal products-- not a whole lot of raw meat, except for like state Tartar, stuff like that, sushi, you know, fish, the meat to be eaten raw has to be processed or has to be very soft to begin with, but of course fresh food.

And first things like dairy, you know, the milk is just fresh...

Why does it need to be homogenized and pasteurized?

It didn't, when the animals were healthy.

And the reason that is super important is because heat destroys nutrition.

So anytime you're cooking it,

you're going to be making the antioxidants, a lot of the vitamins...

you're just going to bring it down a level or two, depending on how much you cook it.