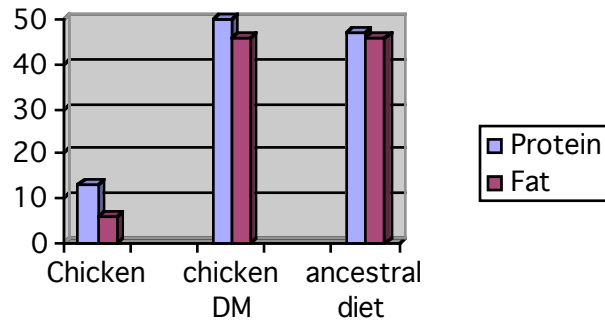


## Protein and Fat

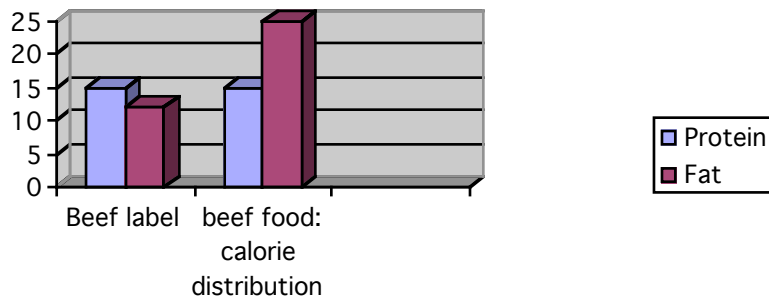
### Protein and fat comparing % in diet to % of calories, low veggie frozen chicken diet



On the left above is the profile of a popular, low veggie frozen food: the label says it is 10% protein and 6% fat. It looks like the protein far outweighs the fat, and it seems that it's a low fat food: Really, the balance looks quite different. Fat has more than twice as many calories as protein. The column in the middle shows the difference after removing water and allowing for the calorie difference: there are almost as many fat calories as protein calories.

In this case, that's ok: in the ancestral diet, the balance of protein and fat is similar. In the natural diet there are more calories from protein than fat, but not a lot more.

### Label compared to caloric percentage of food, frozen beef food



The chart above shows a common beef profile. On the label it looks like there is a little less fat than protein. When the difference between fat calories and protein calories is calculated, there is almost twice as much fat as protein in this food. That's almost double the fat contained in the ancestral diet.

### **Your basic goal is to replicate the balance of the ancestral diet.**

Look for foods that have about half as much fat as protein on the label. Some have more by the nature of the food: lamb, for example, is usually quite high fat. Include these, but provide plenty of variety, and this will not be as much of an issue. Balance low fat foods with higher fat content foods. When you make your own food, make sure you keep the fat content low, to allow for both the potentially higher fat content of commercial foods you may use, and the high fat content of many of the bones we feed our animals.

Why? If there's too much fat in the diet, there won't be room for the protein needed to build and repair the body. Fat provides energy (and essential fatty acids), not building blocks.