

Forum:[Hack Forums](#)

Thread: [Full Fat Dairy is Healthy](#)

Omniscient - October 4, 2024, 9:05 am

https://getpocket.com/explore/item/think-everyone-died-young-in-ancient-societies-think-again?utm_source=pocket-newtab-en-us

Just a heads up to people who are into low-fat dairy foods from the grocery store. Just stop. Buy Whole milk, normal cheese, and skip any of that low-fat dairy they try to push on you. From everything like Cottage cheese to Sour Cream to Milk...natural animal fats should NOT be removed from your food. It's a NUTRIENT.

Thinks your body needs...

Fat
Cholesterol
Protein

Who's with me?

Artisan - October 4, 2024, 10:09 am

I'm with you on this boss. The industry is trying to push that low fat or non-fat crap onto us because of the obesity crisis. Obesity is not due to natural fats and sugars. It's due to unhealthy eating habits and sedentary life styles.

Epic - October 4, 2024, 10:48 am

(Oct 4, 2024 10:09 AM)Artisan Wrote: [\[CITE\]](#) I'm with you on this boss. The industry is trying to push that low fat or non-fat crap onto us because of the obesity crisis. Obesity is not due to natural fats and sugars. It's due to unhealthy eating habits and sedentary life styles.

I think both of yall hit the nail on the head. Fat was so demonized by the media/industry and people thought any and all fat was bad for you. Then came the low fat foods and then came the artificial sweeteners.

At the end of the day weight is nothing but calories in and calories out. Somebody could eat McDonalds french fries all day every day and lose weight, as long as they had a calorie deficit or exercised enough, of course, they would probably feel like shit if that's all they were eating.

I think another problem is some people don't actually realize how many calories are in the foods, drinks, and snacks they consume, and then they end up over consuming.

Omniscient - October 4, 2024, 11:30 am

(Oct 4, 2024 10:48 AM)Epic Wrote: [\[CITE\]](#) I think both of yall hit the nail on the head. Fat was so demonized by the media/industry and people thought any and all fat was bad for you. Then came the low fat foods and then came the artificial sweeteners.

At the end of the day weight is nothing but calories in and calories out. Somebody could eat

McDonalds french fries all day every day and lose weight, as long as they had a calorie deficit or exercised enough, of course, they would probably feel like shit if that's all they were eating.

I think another problem is some people don't actually realize how many calories are in the foods, drinks, and snacks they consume, and then they end up over consuming.

While the basis of calories in and calories out is sound, it gets interrupted when you start using processed foods with chemicals which can throw off a healthy system starting with gut bacteria. We are literally eating chemicals as food (drinks too).

Yin Yang - October 4, 2024, 11:31 am

Skim milk is disgusting. I don't mind almond "milk" here and there though

Aeowulf - October 4, 2024, 11:38 am

I don't consume any dairy at all. I've not consumed any in almost 7 years and all of my health issues have reversed.

Omniscient - October 4, 2024, 12:01 pm

(Oct 4, 2024 11:31 AM)Yin Yang Wrote: [\[CITE\]](#) Skim milk is disgusting. I don't mind almond "milk" here and there though

I went to Oat Milk after learning about the water required for Almond Milk.

Oat Milk: ~48 gallons of water per gallon of oat milk.

Almond Milk: ~920 gallons of water per gallon of almond milk.

Almond Milk should be banned imho for that much water usage. And do you know where most Almonds are grown?

Quote:Most of the world's almonds, including those used for almond milk, are grown in California. In fact, California produces approximately 80% of the global almond supply and nearly 100% of the almonds grown in the United States. The state's Central Valley, with its Mediterranean climate, is particularly suitable for almond cultivation.

Key regions in California known for almond production include:

- Sacramento Valley
- San Joaquin Valley

Almond farming in California is highly water-intensive, which has raised concerns about sustainability, especially in light of the state's ongoing water shortages and drought conditions. Despite these challenges, California remains the primary producer due to the region's ideal growing conditions and established infrastructure for almond farming.

So basically a State with a lot of farming and water problems is spending 920 gallons of water to make one gallon of almond milk. It's so wrong and it's from the same liberal state telling others what's moral about the environment. It's so bad.

DashPHP - October 4, 2024, 12:05 pm

Yeah for some reason my mum always buys skimmed milk, but whole milk is wayy better. Ugh

Epic - October 4, 2024, 12:11 pm

(Oct 4, 2024 11:30 AM)Omniscient Wrote: [\[CITE\]](#) While the basis of calories in and calories out is sound, it gets interrupted when you start using processed foods with chemicals which can throw off a healthy system starting with gut bacteria. We are literally eating chemicals as food (drinks too).

Yea that makes sense. I think a lot of people are missing out on the amount of fiber and probiotics that they need for a healthy gut microbiome.

