



Enjoy

... but without endangering your health!

Please consider:

Everyone is groaning under the burden of the high health insurance premiums. Research by the Federal Ministry for Health shows that nearly 30% of the cost of all disease and its consequences is due to nutrition. (Kohlmeier, L., Ernährungsabhängige Krankheiten und ihre Kosten [Nutrition-dependent Diseases and their Cost] Nomos Verlag, 1993 – unfortunately, at present, out of print]).

Result: We eat not only too much and too much fat, but also, in particular, too much protein.

It is a downright paradox: We make ourselves ill by eating cheaply and groan because of high health insurance!

Many diseases could be prevented by a diet of less meat and eggs, and instead, more vegetables, grains and potatoes, which would, furthermore, reduce cost.

Enjoy the products of fair animal husbandry e.g. “Neuland” or of ecologically sound rearing!