The Nutrition Nerd’s
Astonishing Eggsperience!
Protein Nutrition and Recipes

Mary Jo Fahey
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1st Edition

This book is intended for educational purposes, and the information presented should be used with discretion

The Nutrition Nerd
www.thenutritionnerd.com
www.godsebook.org
“Eggs? I wonder if the nutrition nerd is going to mention that soy isoflavones end up in egg yolks when chickens eat soy.”

“Isoflavones are estrogenic. That aligns with your theory that aliens are trying to exterminate humans.

Estrogen is a female hormone that will make men infertile.”
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“Yep... soy’s estrogenic isoflavones interfere with the production and usage of testosterone in the body.”
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“There’s an article about hypogonadism and erectile dysfunction associated with soy consumption in the July-August 2011 edition of *Nutrition.*”

“A few people must be paying attention including the 19 year-old in the study...”
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“Eggs are the theme of this book, but there are many related topics—agriculture, biochemistry, physics, aliens…”

“If they’re not paying attention to isoflavones in egg yolks, I wonder if they’re paying attention to aliens…”
This book is written by a nerd for other nerds, or for anyone else who will listen. Research helps us understand that most people are protein deficient and the solution seems obvious:

Eat high-protein foods.

Eggs and dairy products contain the highest values of usable protein that the body cannot manufacture (See: “Daily Protein Totals”). To save you time and steps required to do your own research, this book contains relevant information as well as recipes.

**Nutrition Research is Relatively New**

It may seem odd, but health professionals have only recently been able to figure out what we need to eat. In this book, we’ll focus on protein which is one of the most important foods. The WebMD Web site and the University of Maryland Medical System’s (UMMS) Web site provide daily protein requirements by gender, and by age group.

Prepare yourself for a shock if you have never investigated your daily protein requirement. If you talk to friends and family members about protein, you'll discover that most people are not eating the correct foods.

The University of Maryland’s protein calculator generates numbers that are slightly higher than the totals on the WebMD site. Use the smaller number until you find foods that you like.

**URLs:**

- www.webmd.com/food-recipes/protein
- www.healthcalculators.org/calculators/protein.asp
The numbers in the chart below are those listed on the WebMD site. You may not understand the daily protein requirement number for your gender and age group until you start to add values for usable protein in the foods you eat (Note: For details about “usable” protein, see “Daily Protein Totals”).

<table>
<thead>
<tr>
<th>Group</th>
<th>Daily Protein Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td>10 grams a day</td>
</tr>
<tr>
<td>Teenage Boys</td>
<td>52 grams a day</td>
</tr>
<tr>
<td>Teenage Girls</td>
<td>46 grams a day</td>
</tr>
<tr>
<td>Adult Women</td>
<td>46 grams a day</td>
</tr>
<tr>
<td>Pregnant Women</td>
<td>71 grams a day</td>
</tr>
<tr>
<td>Adult Men</td>
<td>56 grams a day</td>
</tr>
</tbody>
</table>

Do You Skip Protein For Several Days At a Time?
Here are some typical answers when you questions people about the protein in their diet:

*I eat fish about twice a week.*

*I had a hamburger for lunch yesterday.*

*Sometimes all I can eat for dinner is popcorn.*

*I’m a vegan and I decided not to eat any animal protein including eggs.*

Protein Deficiency May Cause Premature Aging
Once you understand the importance of consuming essential amino acids in sufficient amounts, it seems clear that too little protein can lead to premature aging.

“Humans and chickens are both omnivores which means then need to eat plants and animals. Chickens eat bugs and worms.”
A young person may be able to skip protein foods and rebound, but protein deficiency will be obvious in older people who neglect their diet.

Are You Protein Deficient?
Without proper resources, or guidance deficiency symptoms may go unrecognized for a long time. If you’re unsure about the difference between a protein and a carbohydrate, you’ll need to focus and learn what’s in the food you’re eating if you want to:

- Repair body cells
- Build and repair muscles, bones, skin, nails and hair
- Support immune function
- Develop and maintain organ function
- Support processes in the body related to metabolism

Structural and physiological symptoms that result from too little protein include:

- Muscle and tissue deterioration (called muscle wasting)
- Bone loss (loss of height; protein is needed to build bone)
- Loss of appetite
- Mottled skin
- Hair loss

Daily Protein Totals
Your totals for the protein foods you consume each day won’t be correct until you calculate “usable” protein totals. Cyclists, body builders and poultry farmers seem to be the first to understand the concept of usable protein. There’s math involved because not all proteins are equally valuable. Here’s the concept in a nutshell:

Proteins are made of two forms of amino acids: essential and nonessential (See: “What is an Amino Acid?”). The essential amino acid that is in shortest supply is called the limiting factor. Due to the essential amino acids in short supply, the protein in chicken, beef and fish is only about 15-20% usable. Dairy is about 76% usable and eggs are 90% usable.
Eggs and Dairy Products

Eggs and dairy products are the top-ranking protein foods to consume if you’re trying to reach your daily protein requirement. If meat, poultry and fish contain 15 to 20% usable protein, you’ll need to consume large quantities of these foods to obtain the same amount of usable protein that is in an egg or dairy product.

The value of these foods becomes clear when you add amounts of usable protein.

Vegetarian Diet

Vegetarians will argue that nearly all foods contain all twenty amino acids in some quantity and that it is unnecessary to eat animal protein. Although this is true, extremely large quantities plant protein that would need to be consumed to meet daily protein requirements. Relying on plants for protein is also problematic because plants contain mostly carbohydrates that are fattening.
What is a Complete Protein?

The authoritative sources for nutrition information are disseminative correct information, but it's skewed.

**FDA: Complete Proteins Contain Nine Essential Aminos**

The Food and Drug Administration (FDA) uses the following definition for a complete protein:

*A source of protein that contains an adequate proportion of all nine of the essential amino acids necessary for the dietary needs of humans or other animals.*

**NIH: Proteins from Animal Sources Are Complete**

The Medline Plus Medical Encyclopedia, published by the U.S. National Library of Medicine and National Institute of Health, explains:

*Proteins derived from animal foods (meats, fish, poultry, cheese, eggs, yogurt, and milk) are complete and that proteins derived from plant foods (legumes, grains, and vegetables) tend to have less of one or more essential amino acid.*

**FDA: Soy is a Complete Protein**

The FDA has identified soy as a complete protein:

*Soy protein products can be good substitutes for animal products because, unlike some other beans, soy offers a 'complete' protein profile. ... Soy protein products can replace animal-based foods—which also have complete proteins but tend to contain more fat, especially saturated fat—without requiring major adjustments elsewhere in the diet.*

They forgot mention that soy has multiple problems including isoflavones that are highly estrogenic. Estrogen is a female hormone that can lead to fertility problems in men.
**Who are the Health Experts at the WHO?**
Worldwide, the authoritative source for health information is the World Health Organization headquartered in Geneva, Switzerland. In 2002, the WHO published a technical report called "Protein and Amino Acid Requirements in Human Nutrition." The paper is available on the Web as a PDF file. The paper contains correct information, but it's also skewed. The following two charts will provide examples. The first chart contains valuable information about daily amino acid requirements:

<table>
<thead>
<tr>
<th>Amino acid protein</th>
<th>Present estimates</th>
<th>1985 FAO/WHO/UNU</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>mg/kg per day</td>
<td>mg/g protein</td>
</tr>
<tr>
<td>Histidine</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>20</td>
<td>30</td>
</tr>
<tr>
<td>Leucine</td>
<td>39</td>
<td>59</td>
</tr>
<tr>
<td>Lysine</td>
<td>30</td>
<td>45</td>
</tr>
<tr>
<td>Methionine + cysteine</td>
<td>15</td>
<td>22</td>
</tr>
<tr>
<td>Methionine</td>
<td>10</td>
<td>16</td>
</tr>
<tr>
<td>Cysteine</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Phenylalanine + tyrosine</td>
<td>25</td>
<td>38</td>
</tr>
<tr>
<td>Threonine</td>
<td>15</td>
<td>23</td>
</tr>
<tr>
<td>Tryptophan</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Valine</td>
<td>26</td>
<td>39</td>
</tr>
<tr>
<td>Total indispensable amino acids</td>
<td>184</td>
<td>277</td>
</tr>
</tbody>
</table>

Notice the present estimates for Lysine and Methionine/Cysteine:

<table>
<thead>
<tr>
<th>Amino</th>
<th>mg/kg per day</th>
<th>mg/g protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lysine</td>
<td>30</td>
<td>45</td>
</tr>
<tr>
<td>Methionine + Cysteine</td>
<td>15</td>
<td>22</td>
</tr>
<tr>
<td>Methionine</td>
<td>10</td>
<td>16</td>
</tr>
<tr>
<td>Cysteine</td>
<td>4</td>
<td>6</td>
</tr>
</tbody>
</table>
WHO Estimate is in Kilograms
There are 2.2 kilograms in one pound which means the numbers on the chart would be slightly more than double if the units were pounds.

Example:

136 pound (person) = 61.68 kilograms

61.68 kilograms X 30 mg. Lysine = 1,850 mg.

136 pounds X 30 mg = 4,080 mg.

What Foods Contain the Most Concentrated Amounts of Lysine?
Logically, the 136 pound person will want to search for foods with the most concentrated amounts of essential amino acids (e.g. lysine). The following chart from the WHO publication suggests that eggs and potatoes contain slight variations in the amount of essential amino acids. The authors neglected to mention that the number for potato is derived from nine large potatoes (per day!).

“MyPetChicken.com sells chicks—including Heritage breeds.”

“MyPetChicken.com also sells red polka-dot diapers for chickens who spend time indoors.”
Background: World Health Organization (WHO)

The World Health Organization (WHO) is governed by a 194 member organization called the World Health Assembly (WHA) that is considered to be the world's highest health policy setting body. Health ministers from member states meet every year in May in Geneva, the location of WHO Headquarters. The tasks of the WHA include:

- Decide major policy questions
- Approve the WHO work program and budget
- Elect a Director General

The World Health Organization was founded on July 22, 1946 when the organization's constitution was signed by all 61 countries of the United Nations.

Andrija Stampar: Assembly's First President

Andrija Stampar (1888 – 1958) was the World Health Assembly's first president. He was born in Brodski Drenovac (part of Pleternica), which was at the time, part of the Austro-Hungarian Empire, in modern Požega-Slavonia county.

World Health Organization Logo

The logo of the World Health Organization contains the Rod of Asclepius who was one of Apollo's sons, who was one of Zeus' sons (making Asclepius a grandson of Zeus). The original Hippocratic Oath began with the invocation:

_I swear by Apollo the Physician and by Asclepius and by Hygieia and Panacea and by all the gods ... (Note: Hygieia and Panacea were Asclepius' daughters)._
What About Cholesterol?
Along the way, we found a convincing amount of evidence that cholesterol warnings are a myth and that the real culprit among fats is:

Hydrogenated Fats

Hydrogenation is used to prolong shelf-life of fats that are shipped long distances, sold as margarine or oil in clear glass, or used in prepared food. This subject is beyond the scope of this book, and it may be a threat to your health if it prevents you from eating the correct amount of protein each day. If you would like to research the cholesterol myth yourself, here are authors and studies that will provide an understanding:

Dr. Weston A. Price, D.D.S.
Sally Fallon Morell
Dr. Mary Enig
Dr. Uffe Ravnskov
Dr. William Campbell Douglass
Dr. Ron Schmid
Marion Nestle
Joel Salatin
Jordan Rubin
Michael Barbee
Natasha Campbell-McBride
Framingham Heart Study

Fats Provide Energy
The biochemistry related to energy production is related to hydrogen ions and the subject gets complex very quickly.

Without getting too deep, it’s important to understand that you need hydrogen ions that are used to convert adenosine diphosphate (ADP) to adenosine triphosphate (ATP) that has been called the energy currency of the cell.
Fats are a rich source of energy, yielding more than twice the energy per weight basis as carbohydrates.

Fats are either saturated or unsaturated with hydrogen ions.

Saturated fats have more hydrogen ions than unsaturated fats—and we need hydrogen ions.

**What is in an Egg Besides Protein?**

The nutrition in your eggs will be related to how the producers' chickens are raised and what they are fed. The best eggs are from pastured hens who are allowed to roam and eat bugs and worms (chickens are omnivores). Egg yolks from pastured hens will have yellow/orange yolks and you'll notice a difference in taste. Conscientious farmers (or even city dwellers who own backyard chickens) will provide a space for their chickens to roam. See: "Raising Backyard Chickens"). If you don't have space or an inclination to raise your own chickens, you may want to explore local farmers' markets to meet farmers who sell eggs.

A refractometer (also known as a brix meter) can be used to measure the nutrient density in an egg (see Appendices)

An ideal egg will be a source of:

<table>
<thead>
<tr>
<th>Nutrient Category</th>
<th>Nutrient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins</td>
<td>A, K, E, D, and B-Complex</td>
</tr>
<tr>
<td>Minerals</td>
<td>Iron, Calcium, Phosphorus, and Potassium</td>
</tr>
<tr>
<td>Fats</td>
<td>Omega-3 and Omega-6</td>
</tr>
<tr>
<td>Organic Pigments</td>
<td>Lutein and Zeaxanthin</td>
</tr>
</tbody>
</table>
What’s Next?
If you’re a super nerd who’s interested in amino acids, you'll want to read the next section in this chapter. If you'd rather skip the biochemistry, Chapter 2 will provide advice about lining up the kitchen equipment help you navigate the next big hurdle:

Buying Quality Food

To make sure that the information in this book is useful to everyone, the content has been assembled for average people (who shop at dollar stores). Be sure to share what you learn!

“The Phoenix of Lagash originated on an Egyptian cylinder seal. On the seal, Thoth, as Ningishzida, is shown visiting ENKI. Ningishzida has serpent dragon heads erupting from his shoulders—which is the origin of the double-headed Phoenix.”

“Modern nation states that are part of the former Habsburg realm have extraterrestrial symbols. For example, Slovenia’s coat of arms is a downward-pointing triangle.”
Proteinogogenic amino acids are organic compounds that form the building blocks of protein in any organism. Although scientists have discovered over 50 amino acids, there are 20 that are found in humans and other eukaryotes (See: "What is a eukaryote?"). Of the twenty, nine are essential and eleven are nonessential.

What are Essential and Nonessential Amino Acids?
The nine essential amino acids are considered indispensable. This means that the body is unable to adequately synthesize them and must be included in your diet.

The eleven nonessential are considered dispensable which means your body can synthesize them.

<table>
<thead>
<tr>
<th>Essential</th>
<th>Nonessential</th>
<th>Essential in Infants and Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histidine</td>
<td>Alanine</td>
<td>Arginine</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>Arginine</td>
<td>Cysteine</td>
</tr>
<tr>
<td>Leucine</td>
<td>Aspartic acid</td>
<td>Tyrosine</td>
</tr>
<tr>
<td>Lycine</td>
<td>Cysteine</td>
<td></td>
</tr>
<tr>
<td>Methionine</td>
<td>Glutamic acid</td>
<td></td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>Glutamine</td>
<td></td>
</tr>
<tr>
<td>Threonine</td>
<td>Glycine</td>
<td></td>
</tr>
<tr>
<td>Tryptophan</td>
<td>Proline</td>
<td></td>
</tr>
<tr>
<td>Valine</td>
<td>Serine</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tyrosine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Asparagine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Selenocysteine</td>
</tr>
</tbody>
</table>
What is a Eukaryote?

Encyclopedia Britannica's online *Concise Encyclopedia* has this definition for eukaryote:

*Any organism composed of one or more cells, each of which contains a clearly defined nucleus enclosed by a membrane, along with organelles (small, self-contained, cellular parts that perform specific functions). The organelles include mitochondria, chloroplasts, a Golgi apparatus, an endoplasmic reticulum, and lysosomes. All organisms except bacteria and archaea are eukaryotes; bacteria and archaea are prokaryotes.*

Raising Backyard Chickens

If you find it difficult to find eggs from chickens that have not been fed soy, you may want to consider raising your own. However, much of the expert advice that's available from the Weston Price Foundation (WAPF) and Martha Stewart does not include a critically important factor:

chickens (like humans) are omnivores

Although it's convenient to feed chickens grain, they'll need worms that are a source of the same essential amino acids that humans need. Traci Torres, founder of www.mypetchicken.com, appeared on Martha Stewart's television show in April 2012 and a clip of the segment is available on Martha Stewart's Web site. Traci is a wonderful source for information, but she needs to add a new section to her Web site:

vermiculture

Red wigglers are recommended by most vermiculture experts, as they have some of the best appetites and breed very quickly. The following resources are helpful for people who would like to raise chickens and feed them an optimal diet:

- **City Ordinance Study of Residential Chicken Keeping**
  
  A woman named KT LaBadie has compiled a helpful research paper titled "Residential Urban Chicken Keeping: An Examination of 25 Cities" that's available as a PDF on the Internet.
**The Nutrition Nerd**

- **How to Raise Worms for Chicken Feed**
eHow contributor Carrie Terry has created step-by-step instructions for people who want to raise own worms:

  www.ehow.com/how_6284297_raise-worms-chicken-feed.html

  #ixzz2S3xCkH98

- **City of Vancouver How-to Raise Worms Video**
The City of Vancouver City Farmer instructor Lauren Welch has created two how-to videos that teach steps for raising worms. Although the videos were created for composting, the videos work equally well for people who are raising worms to feed chickens.

  www.cityfarmer.info (search "lauren" and "worm")

  **Note:** You'll hear Lauren say worms have a hard time surviving in temperature over 25 degrees. She is referring to 25 degrees Celsius which is 77 degrees Fahrenheit.

- **Source for Red Wigglers**
  Richard Dolan is an organic farmer in Wisconsin who has several years of experience raising red wigglers:

  Richard Dolan
  E-mail: prodigy@rjd4.com

- **MyPetChicken.com**
  Traci Torres, founder, appeared on Martha Stewart's television show.

  500 Monroe Turnpike #322
  Monroe, CT 06468
  888-460-1529 (toll free) or
  908-795-1007 (local)
  info@mypetchicken.com

"Woese's biography on Wikipedia says his 'work on Archaea is significant in its implications for the search for life on other planets.'"

"Woese and Fox say horizontal gene transfer explains evolution. Genetic engineering is artificial horizontal gene transfer. Archaea must be artificial..."
“Fish eat worms. Grain is more convenient (and probably cheaper), but chickens need protein.”

Screen shot of Martha Stewart's "How to Raise Chickens in Your Own Backyard" that aired in April 2012. Martha and Traci Torres of MyPetChicken.com discuss the benefits of keeping a chicken coop at home and share essential tips for beginners. See: http://www.marthastewart.com/901133/how-raise-chickens-your-own-backyard

“Earthworms are eukaryotes that have been around for at least 120 million years. Vermes is Latin for worm. Vermiculture refers to worm farming.”

The City of Vancouver has created two how-to videos for city dwellers who want to raise their own worms. See: www.cityfarmer.info/2009/05/10/city-farmer-worm-composting-tips/#more-1482
“The nematode worms that are wound around Mercury/Thoth’s caduceus are probably synthetic. They’re harmful parasites that infect plants, animals and humans.”
Equipment and Food

This chapter assumes that you have no equipment in your kitchen or food in your refrigerator (a nerd refrigerator). If you have limited money and limited time to shop at flea markets, we recommend two national retailers:

- Walmart
- Dollar Tree
- TJ Maxx/ Marshalls/ Home Goods

**Buy 18/10 Stainless As Soon as Possible**

Your metal (or non-stick) pans may be leaching metal (or nanoparticles) into the food you cook. Metals or nanoparticles that accumulate in body tissues can cause distortions in the body’s metabolic pathways. The research on this subject is fairly recent. This section provides some background information.

**Nickel Stainless**

If a kitchen magnet does not stick to the sides or bottom of a pan, it is made of a cheap stainless called “nickel stainless” named for its high nickel content. Nickel stainless loses its magnetic property which is why magnets do not stick. According to the U.S. Department of Health and Human Service’s 12th Report on Carcinogens, released on June 10, 2011, nickel is also a carcinogen.

Surgical stainless steel, also called 18/10 stainless, is a better option because it contains less nickel and holds tight bonds. The following celebrity chefs are selling 18/10 stainless steel:

- Wolfgang Puck
- Emeril Lagasse

“Four thousand year-old steel was discovered by Japanese archaeologists in Turkey in 1994, and announced in 2009.”

“There’s missing information in that story. Steel starts with iron production that requires a melting point of 1535 degrees Celsius (2800 degrees Fahrenheit) — far above the temperature of a normal fire.”
To give you an idea of the price of this type of metal pan, we found an 18/10 stainless 9-inch omelette pan made by Wolfgang Puck’s company for $12.99 at Home Goods.

**Non-Stick Surfaces Made of PFOA or Nanoparticles**

Since the 1940s, non-stick (Teflon) pans have been made with a chemical called perfluorooctanoic acid (PFOA) that is considered a “toxicant and carcinogen in animals.”

Orgeenic (www.orgreenic.com) is an example of a company that sells pans with a nanoparticle surface that’s called “natural ceramic.” When you visit the Web site, you may recognize the products because they’re aggressively sold on TV.

Nanotoxicology is the study of the toxicity of nanomaterials. If you visit the Wikipedia page for Nanotoxicology, you’ll notice a toxicologist named Eva Oberdörster, Ph.D. who found brain damage in fish exposed to nanoparticles—after 48 hours.

**Borosilicate and Other Glass**

Glass pans and storage jars are considered safe because they do not leach chemicals into food. Here are some famous varieties:

**Borosilicate (Pyrex) Glass**

Borosilicate glass is tempered (bakeware) glass most known as Pyrex first made in 1893 by a German chemist and glass technologist named Otto Schott. In 1908, Eugene Sullivan, Director of Research at Corning Glass Works, began developing a line of borosilicate glass that made its debut as Pyrex in 1915 during World War I. Sullivan had learned about Schott’s discovery while he was a doctoral student in Leipzig, Germany.

Although Corning Glass no longer manufactures Pyrex glass themselves, they license the name to several other manufacturers.

**Soda-Lime-Silicate Glass**

Soda-lime-silicate glass is another type of tempered (bakeware) glass that is also called “safety glass.” When broken, tempering cause glass to crumble into small granular chunks instead of splintering into jagged shards.
Anchor Hocking manufactures a line of soda-line-silicate glass bakeware products that are sold at Wal-Mart and large supermarket chains.

**Mason Jars**

Mason jars are food storage containers made of soda-lime-silicate glass. The jars were invented in 1858 by Philadelphia tinsmith John Landis Mason. Ball and Kerr are both Mason jar brands that are both part of the Jarden corporation based in New York.

The rest of this chapter will be included in the published version of this book
“Fullerenes do not exist in Nature. They’re artificial.

The July 26, 2010 edition of *Chemical Engineering News* says that astronomers detected fullerenes in a dying star.”
The six recipes presented in this chapter are quick and easy to prepare. The first recipe, called Egg in a Basket, is inspired by Olympia Dukakis’ eggs in the film *Moonstruck*.

Instead of plain Italian bread, our version uses slices of a sourdough baguette that has a distinctively tangy taste from the fermented flour. As we described in chapter 2, fermentation:

- Breaks down the bran in the flour causing nutrients to be released
- Neutralizes phytin that can block the absorption of calcium, magnesium, iron, and zinc.
- Breaks down gluten into amino acids making it easier to digest.

### Sourdough: The Easiest Bread to Digest

Sourdough originated in ancient Egypt around 1,500 B.C. Sourdough bread is made with a culture or starter known as a levain that may have a history decades old. Cultures multiple and careful handling at the correct temperature will yield an expanded amount of culture.

People in the isolated Lötschental Valley in Switzerland, who were studied by Dr. Weston Price, made huge loaves of sourdough rye that went through a two week fermentation process.
**Egg in a Basket**

Make one or two of these delicious egg “baskets” and add a dairy product for added protein (See: “How Much Usable Protein is in This Dish?”)

**Ingredients**
- 1-2 Eggs (per person)
- Sourdough Baguette
- Unsalted Butter or Unrefined Coconut Oil

**Equipment**
- Serrated Bread Knife
- Cutting Board
- Skillet
- Spatula

**Steps:**

1. Slice a piece of the baguette about 1 1/2 to 2 inches wide and remove the center.
   - Note: Large eggs will need wider slices of bread.

2. Melt a tablespoon of butter (or tablespoon of coconut oil) in a skillet over medium heat.

“You may want to try slices of sourdough bread in place of sourdough baguette in this recipe.”
3. Place hollowed-out pieces of bread in the pan.

4. Crack open a medium-sized egg and pour it into the center of bread.

“Try using a custard cup, ramekin or glass prep bowl to serve cottage cheese or yogurt as a dairy side-dish.”

5. Cook the egg 4 minutes.
6. Flip with a spatula.
7. Serve immediately.
Cottage cheese or yogurt will help you increase the amount of usable protein (See: “How Much Usable Protein Is In This Dish?”).

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Four minutes yields an egg with a runny yolk. If you like yolks more well-done, consider buying a kitchen timer and cook three to four minutes on each side.

How Much Usable Protein Is in This Dish?

Two eggs (in their baskets) provide about 11 grams of usable protein:

Large egg (6.3 grams) X .90 = 5.67 grams X 2 = 11.34 grams

Additional dairy
Adding a dairy product will make it easier to reach your daily usable protein requirement.

One-half cup of cottage cheese
(15 grams) X .76 = 11.4 grams

One-half cup of yogurt
(6 grams) X .76 = 4.56 grams

Totals 22.74 grams (cottage cheese), or 15.96 grams (yogurt)
Extra Talking Points
Our “frequently asked questions” section is called “extra talking points” because it contains extra details that you may want to share with your friends.

• Baguette
A long thin French loaf of bread with a thick crust that was introduced in France around 1920.

• Coconut Oil
A highly stable edible oil extracted from the meat of mature coconuts. Coconut oil is known for its short, medium and long-chain fatty acids that are easy-to-digest. Of these, lauric, caprylic and capric acids are both highly regarded due to their anti-microbial and anti-viral properties.

• Moonstruck
In the 1987 romantic comedy *Moonstruck*, Rose Castorini (Olympia Dukakis) cooks an egg in a basket for her daughter Loretta Castorini (Cher). Other stars in the film included Nicolas Cage, Danny Aiello, and Vincent Gardenia.

• Phytin (or Phytate)
A storage form of phosphorus occurring in plant tissues, especially bran and seeds. Phytate is the salt form of phytic acid. Phytates exist as a layer in all grains, nuts and seeds that is not digestible to humans. It also binds to important minor minerals such as zinc and iron, and to a lesser extent, calcium and magnesium making them unabsorbable.

• Serrated Knife
A knife with a scalloped edge that is used to cut soft foods.

• Unsalted Butter
Butter made from pasteurized cream is called sweet cream butter. All forms of butter are sold in both salted and unsalted forms. Salted butter is made with table salt that contains two minerals (sodium and chloride).