PRESS RELEASE

The Original Pancake House is the First Pancake Restaurant to Provide Important New Diet Guidelines

Breads low in phytates will be added to a menu that emphasizes eggs and dairy.

Fort Lauderdale, Florida, (today’s date) - The heart and vascular team at the Cleveland Clinic have written a paper titled, “Why You Should No Longer Worry About Cholesterol in Food” published on the Clinic’s Web site on February 19, 2015 (see; https://health.clevelandclinic.org/why-you-should-no-longer-worry-about-cholesterol-in-food).

The reason this information is not widely reported is because studies show that it takes an average of 17 years for research to reach clinical practice (source: “The answer is 17 years, what is the question: understanding time lags in translational research,” *Journal of the Royal Society of Medicine*, December 2011).

Eggs and dairy contain an important essential amino acid called leucine that builds muscle mass and bone. The Original Pancake House does not want their customers to miss the benefits of this nutrient.

The scientific study done at the Cleveland Clinic is not unique. A similar paper titled “Rethinking dietary cholesterol” (March 2012) appeared in a scientific journal called *Current Opinion in Clinical Nutrition & Metabolic Care* published by conglomerate Wolters Kluwer that publishes 275 scientific journals. As early as 1997, the *Journal of the American College of Nutrition* published a paper titled, “Cholesterol intake and plasma cholesterol: an update” explaining that dietary cholesterol is not related to either blood cholesterol or heart disease. In 2015, the *American Journal of Clinical Nutrition* published a paper titled “Dietary cholesterol and cardiovascular disease: a systematic review and meta-analysis that showed no statistically significant relationship between dietary cholesterol and serum triglycerides.

Of the 21 amino acids common to all life forms, there are nine amino acids humans cannot synthesize. This group need to be consumed in food and they are defined as “essential amino acids.”
Dairy contains 76% usable protein (due to high essential amino acid content) and eggs contain 90% usable protein. In contrast, meat, fish and poultry contain 15-20% usable protein. Plant protein does not have as many essential amino acids. As a result, products such as soy and nut milk are not efficient sources of leucine needed to build muscle mass. Men need 60 grams of usable protein each day as a daily minimum and women need 50 grams. Even with efficient foods such as eggs and dairy, it is somewhat difficult to reach these daily totals.

Sourdough and sprouted grain breads have also been added to the menu. These breads are important because they are low in phytates. Phytates are described as “antinutrients” because they chemically lock on to nutrients in food making them unavailable in metabolic pathways. Fermentation and sprouting help eliminate phytates that are naturally present in all grains, nuts and seeds.

The chef at The Original Pancake House discovered sourdough pancakes. Also, pancakes made from spelt flour, or sprouted grain flour. Spelt is naturally low in phytates.

Because it is hard to reach daily protein minimum requirements, silver dollar size pancakes are best served as side orders.

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