

# A CALL TO ACTION FOR FOOD QUALITY



## BIONUTRIENT FOOD ASSOCIATION



**WHEREAS** the subject of nutrition was entirely missing from the recent partisan political healthcare debate, indicating that we as a nation have lost sight of a value we used to cherish and uphold, i.e. the importance of the nutrient quality of the food we grow and consume;

**WHEREAS** nutrition really originates in the soil and, when a leading scientist at the USDA Nutrient Data Laboratory was asked recently if that agency was concerned about the evident decline in the nutritional quality and vitality of the food Americans eat, he replied he was unaware of the issue and stated the USDA does not analyze data or monitor trends, but simply collects information and makes it available to researchers to draw their own conclusions;

**WHEREAS** the system of industrial agriculture that has been in place since World War II has utilized harsh synthetic fertilizers containing a very limited number of nutrients to promote better yields and bigger profits with the idea of growing more food for more people – a goal of quantity not quality – and that this system has depleted the quality of the soil, while also encouraging pests and diseases which have then needed to be combated by toxic chemicals which further degrade the soil and diminish the nutritional quality of the crops;

**WHEREAS** appearance, rather than quality, has become the determining factor in

marketing our food so that our meat is irradiated to make it look better and last longer in the case, our fruits are waxed to make them shinier and to travel better, and the middle aisles of supermarkets are filled with processed food products generally made with refined grain and soybean derivatives which lack critical nutrients;

**WHEREAS** there is an increasing interest in growing and consuming more locally-grown food to preserve freshness and reduce transport, but with limited concern about its nutritive quality;

**WHEREAS** we pride ourselves on the low cost of food in this country, but fail to recognize the poor nutrient quality of our food is a major accelerant to the skyrocketing cost of sickcare in this country and is a direct and proven cause of prevailing diseases and chronic conditions that plague our society, such as cancer, heart disease, diabetes and obesity, not to mention mental deficiencies and disorders;

**WHEREAS** due to the low mineral content of our food, we as a society lack the mental and physical capacity to discern the unhealthy nature of our situation, so that we neither recognize this reality nor imagine there might be a way of bringing about substantial and creative change in the way we grow and distribute our food and live our lives;

**THEREFORE** the Bionutrient Food Association believes the time has come to fulfill its mission to improve the quality in our food supply and issues this **CALL TO ACTION** to gather support to launch a thorough, science-based exploration into what actually constitutes quality in our food, how it is determined, and how reliable measurements and tools can be made available to growers and consumers in a useful and empowering way.

**Creating  
health  
from  
the  
soil  
up!**



BFA understands our soils and our crops are increasingly deficient in the full range of health-inducing minerals, amino acids, antioxidants, phytonutrients, enzymes and secondary plant metabolites. There is a clear and verifiable correlation between soil health, plant health, animal health, human health and societal health.

BFA proposes to begin a comprehensive nutrient analysis of a range of crops on a variety of farms nationwide, gathering over 500,000 samples. Fifty different parameters will be measured in each crop, identifying correlations and ratios that may determine quality. Laboratory testing and statistical analyses will be used to determine relevant factors and appropriate methods for further testing and implementation.

To accomplish this task the Bionutrient Food Association has already gathered the nucleus of a research staff to work with Dan Kittredge, Director of BFA. Our designated Research

Director is Jana Bogs, who holds a PhD in Horticulture and Food Science & Safety from Colorado State University, an MS in Animal Science from Texas A & M-Kingsville, and a BS in nutrition from the University of Texas Health Science Center in Houston and describes her concerns and goal in her own words as follows:

**“I am a research scientist and consultant whose motto is *Creating health from the soil up!* I started my career in the field of nutrition. However, after working as a nutritionist for a while, I came to realize that our foods and feedstuffs are not the quality they could be or should be, especially when considering nutrient density. Significant drops in nutrient density over the last 70 years have been verified through several scientific studies. I also came to realize that nutritional supplementation was not the complete answer either. Isolated nutrients cannot compare to foods which contain thousands of phytochemicals, whose benefits have yet to be fully elucidated.**

“Human health starts in the soil. Healthy, nutrient-balanced soil can yield healthy plants which are highly nutritious for animal and human consumers. Optimally-grown foods have a wider array of phytochemicals and significantly greater amounts of nutrients which are known to be important for health than food of the same varieties grown on typical, imbalanced soils. Furthermore, foods grown in imbalanced soils may contain high levels of anti-nutritional components such as toxic heavy metals.

“Healthy soil has balanced, optimized chemistry and high levels of active beneficial micro- and macro-organisms. The soil chemistry and biota work synergistically to stabilize the soil, improving water-holding capacity, and decreasing nutrient leaching and erosion. Fortunately, healthy plants are also more resistant to pests and diseases, have higher yields, better flavor and longer shelf life. These aspects bode well for producers and marketers, decreasing losses and improving profitability.”

*Dr. Jana Bogs*



To support this significant undertaking, we must have the active endorsement and direct assistance of many individuals and organizations, particularly those who have been closely following our progress to date. Of course, we will need to raise substantial revenue to cover the costs of this ambitious endeavor, and to assure that we perform the tasks involved completely and effectively.

To this end, we are asking you to affirm your personal and professional support of our mission by signing your name to this **CALL TO ACTION**.

Signed: \_\_\_\_\_



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