

# **Is Jerky a Good Travel Food for the Carnivore Diet?**

**(5 Reasons Why Healthy Fat is Critical)**

**By Ramona Denton**



## **Jerky is Tasty, but is Something Missing?**

Many who follow the carnivore diet hit the road with jerky for travel snacks. Jerky is tasty, but it can be hard to find without added sugar.

Jerky also is missing a critical component of carnivore nutrition: healthy fat.

Jerky is almost pure protein. A typical 100-calorie serving offers less than 1 gram of fat, around 20 grams of protein, and up to 7 or more grams of added sugar. And it leaves you feeling hungry.

Jerky is just not the best meal-replacement when you're on the go.

You need something to eat that will fuel your energy and nourish your body, whether you're on the road, or sitting at your own dining room table.

And that meal will be high in healthy, animal-based fats.

## 5 Reasons to Pack More Fat in Your Travel Bag

1. Fat sustains your energy. Carnivores burn fat rather than sugar, so a sudden drop in dietary fat intake can really zap your energy. And that's not something you want when you're traveling.
2. Your cell membranes are made mostly from fat and cholesterol. Building and repairing is so critical to your cell health, that almost every cell in your body can produce cholesterol.
3. Your brain is mostly fat, and requires dietary fat to function, repair, and regenerate. Avoid sugar, and eat some healthy fat, to keep your brain sharp!
4. Your skin needs fat and oil to stay smooth and supple. If your skin is dry, try eating more fat!
5. Your digestive tract needs fat to absorb the nutrients in your food, especially the fat-soluble vitamins.

## Where Can You Get a Carnivore-Compatible Superfood with Healthy Fat?

Carnivores eat land and sea animals to meet these dietary needs. Steak is a superfood!

Many have been looking for a "convenience food" version of this superfood, with adequate fat, that doesn't compromise nutritional quality.

- Foods based on meat, and other animal products.
- Foods that contain up to 80% of their calories from stable healthy fats, that are solid at room temperature.
- Foods that are shelf- (or carry-on-) stable without refrigeration.

## Have You Heard about the Carnivore Bar?



The [Carnivore Bar](#) is shelf stable, travel ready, and now available to all carnivores who want high-quality protein and fat, beefy flavor, in a creamy/crunchy bar.

Each bar is a perfect meal replacement of 400 calories, with 37 grams of fat (80% of calories) and 17 grams of protein (20% of calories). And Zero Carbs.

Ingredients: beef and beef tallow (fat). It comes unsalted or with Redmond's Real Salt added.

Real food that satisfies your appetite for hours. It nourishes your body with both protein and fat.

It's perfect for your purse, briefcase, or carry-on.

Next time you want to indulge in some healthy, carnivore convenience food, give the Carnivore Bar a try.

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