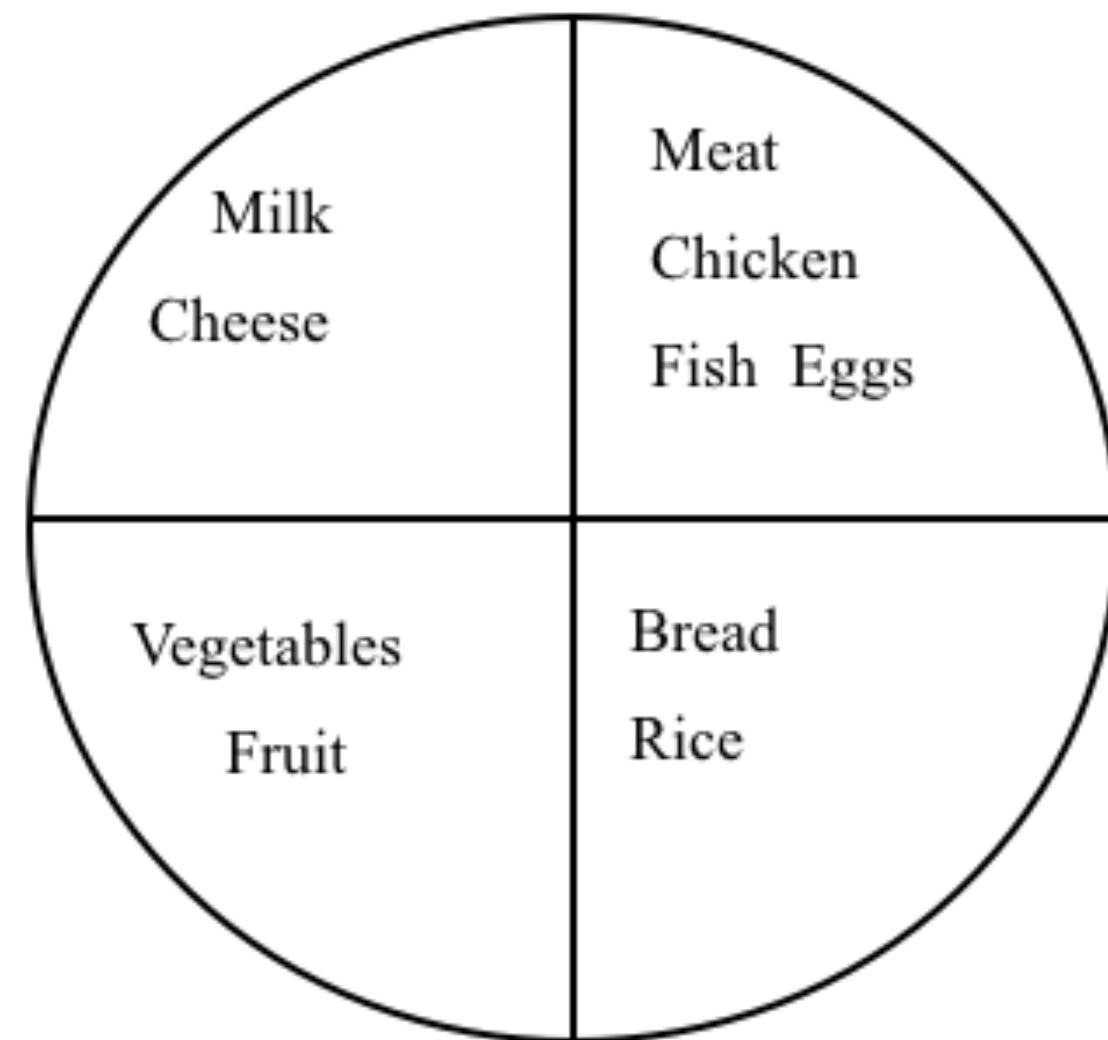
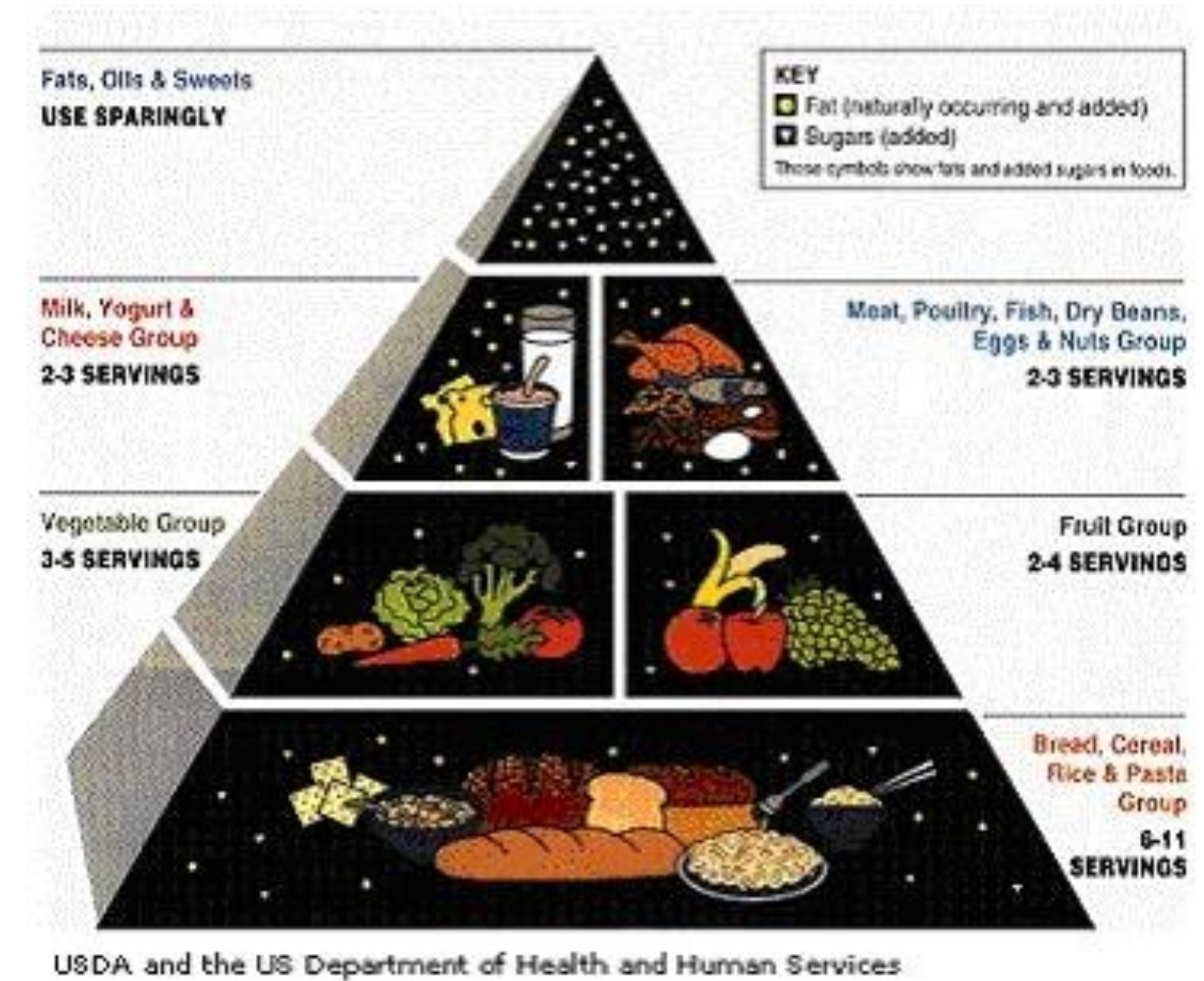


Food Pyramids

- Aim to teach
- Who decides?
- What's the effects?



1956

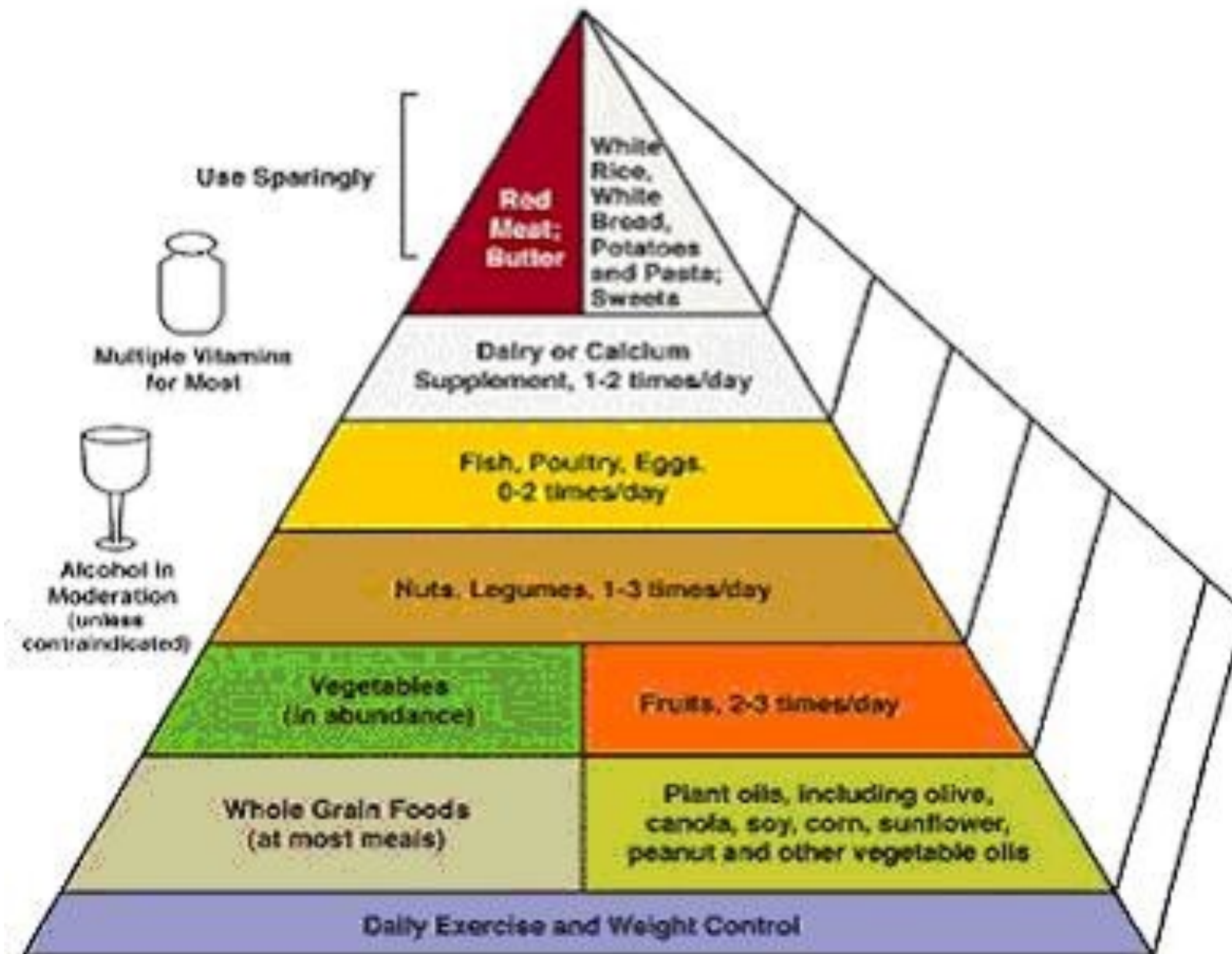
"Meat" & dairy were 50% of our diet.

Grains were only 1/4.



Pyramids - Harvard & Ancient Egypt

Healthy Eating Pyramid



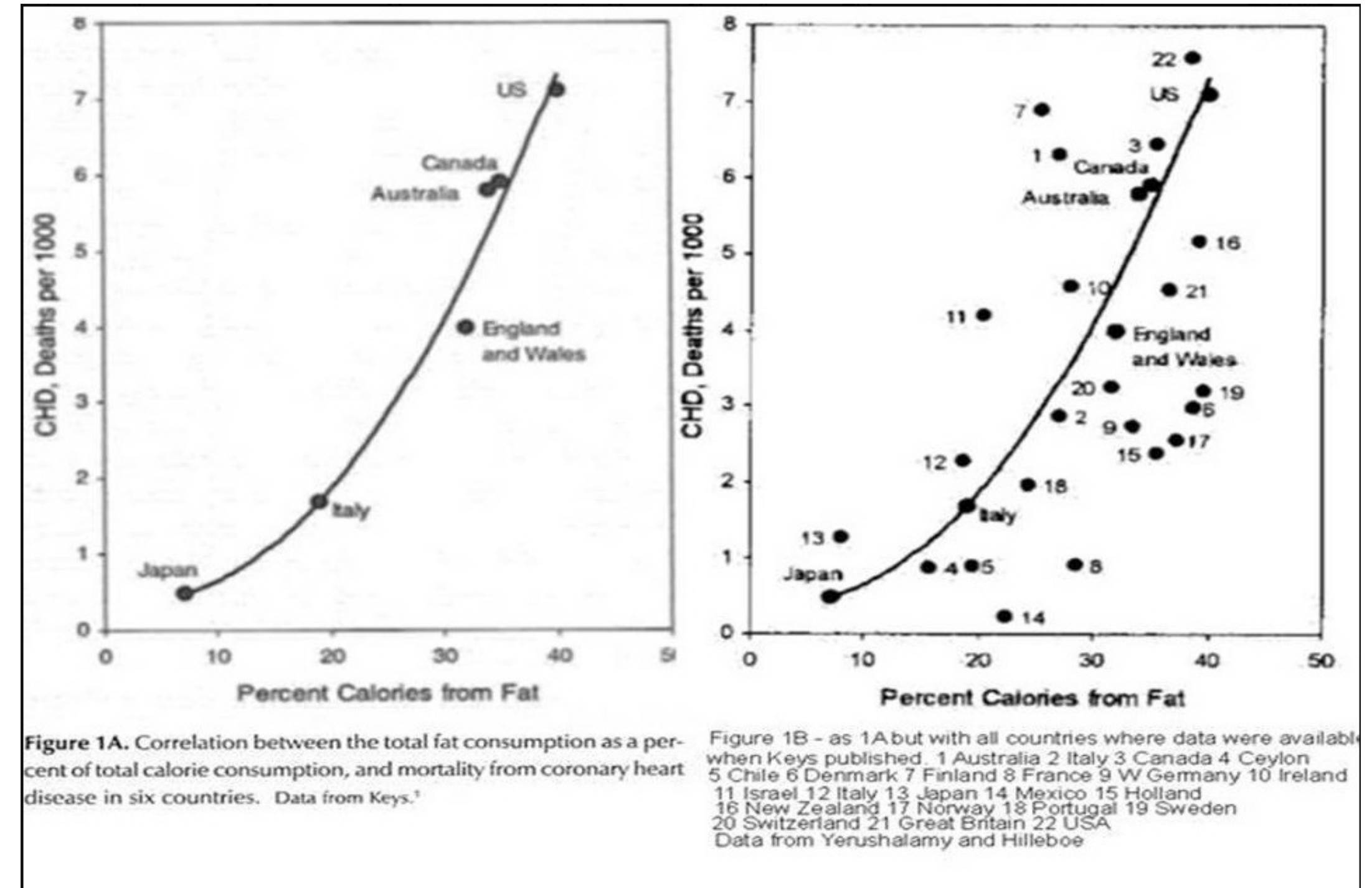
Ancient Egypt

Bread, cereals, fresh fruit and vegetables, some fish and poultry, almost no red meat, olive oil instead of lard and goat's milk for drinking and to make into cheese – a veritable nutritionists nirvana.

Dr's Michael & Mary Dan Eades - Protein Power

Staple - wheat and barley – coarse ground whole meal flatbread. Grapes, dates, jujube, melons, peaches, olives, pears, pomegranates, carob, apples, nuts. Garlic, onions, lettuce, cucumber, peas, lentils & papyrus. Honey for sweetener. Olive, safflower, linseed and sesame oils.

The Devil In Disguise



Changed the world on 33 men not eating their normal diet

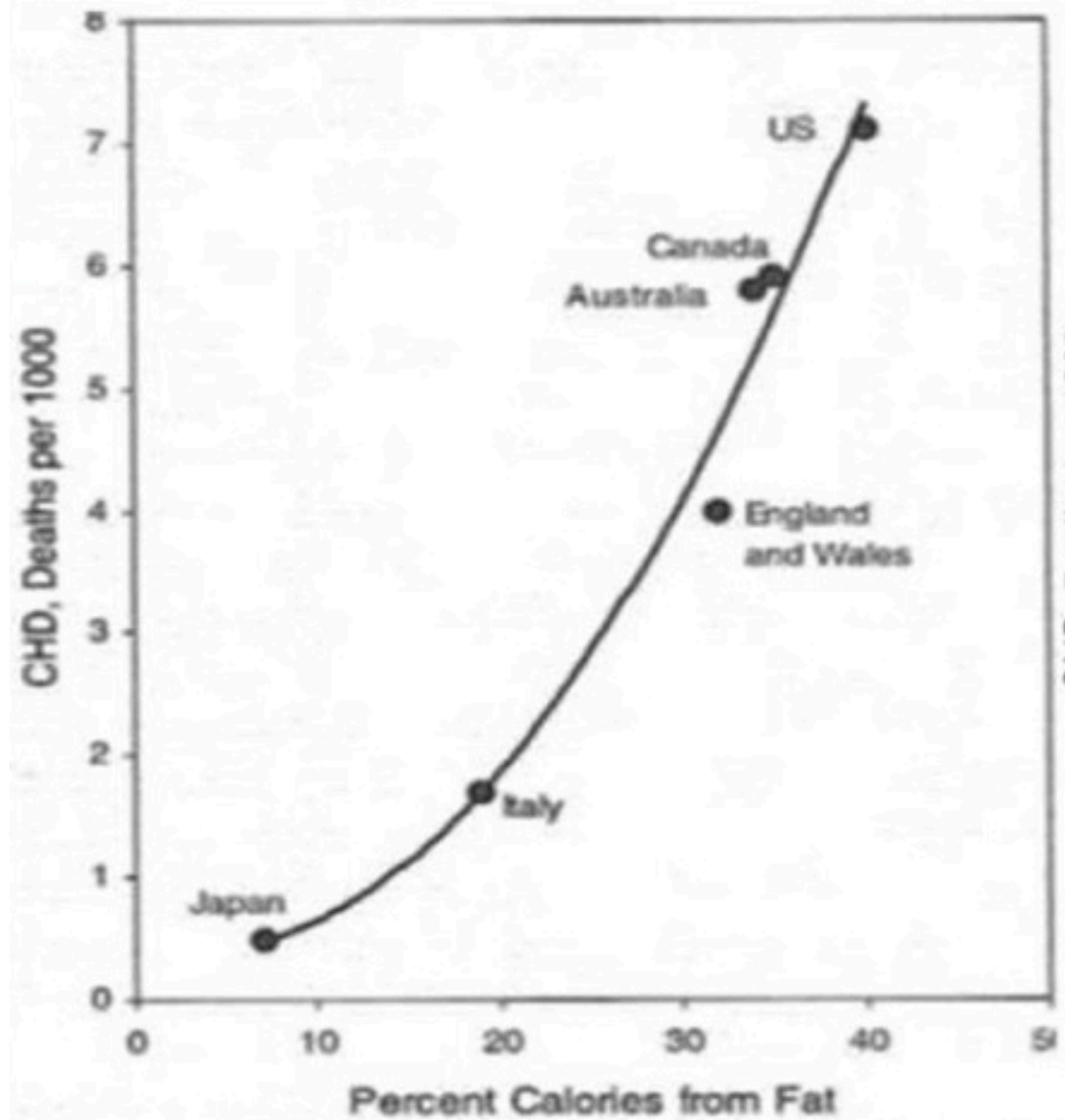


Figure 1A. Correlation between the total fat consumption as a percent of total calorie consumption, and mortality from coronary heart disease in six countries. Data from Keys.¹

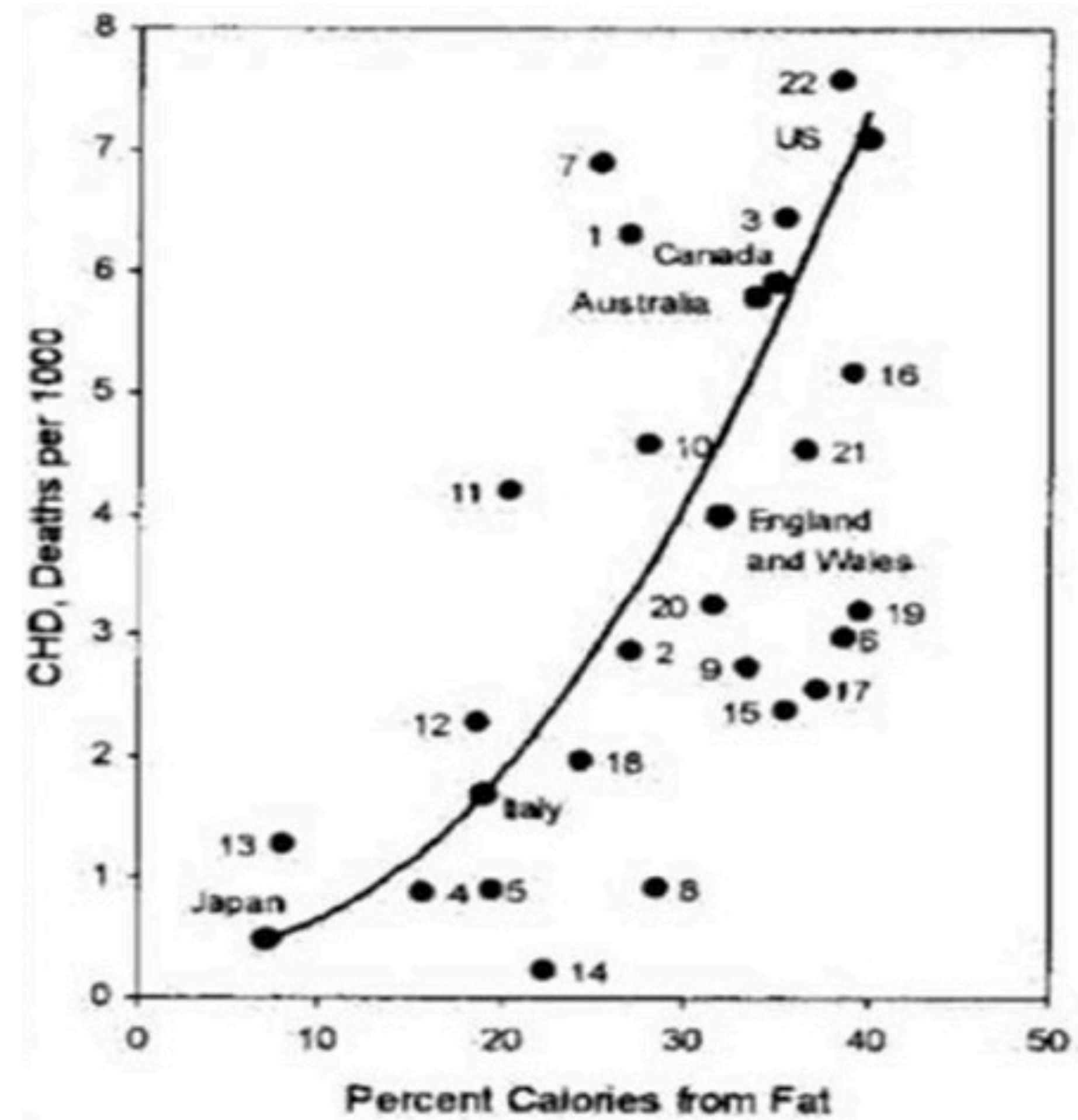


Figure 1B - as 1A but with all countries where data were available when Keys published. 1 Australia 2 Italy 3 Canada 4 Ceylon 5 Chile 6 Denmark 7 Finland 8 France 9 W Germany 10 Ireland 11 Israel 12 Italy 13 Japan 14 Mexico 15 Holland 16 New Zealand 17 Norway 18 Portugal 19 Sweden 20 Switzerland 21 Great Britain 22 USA Data from Yerushalamy and Hilleboe

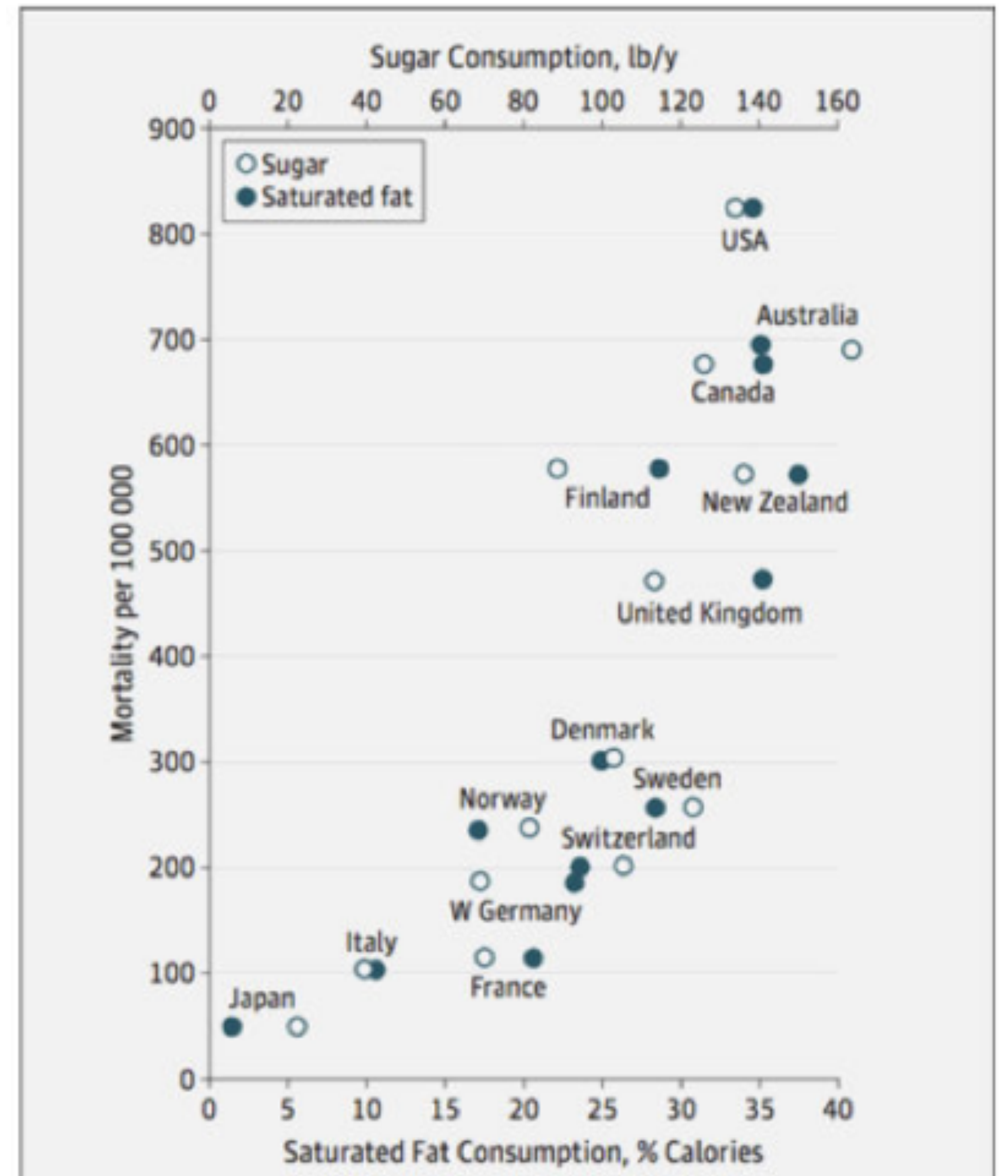
Cherry Picking Data

No Correlation With Fat

The Devil In Disguise?

Sugar also implicated. Belief stopped it from being tested.

Epidemiological/Observational Studies vs Clinical Trials



Sept 12, 2016

The sugar industry paid scientists in the 1960s to play down the link between sugar and heart disease and promote saturated fat as the culprit instead, newly released historical documents show.

The internal sugar industry documents, recently discovered by a researcher at the University of California, San Francisco, and published Monday in *JAMA Internal Medicine*, suggest that **five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, may have been largely shaped by the sugar industry.**

“They were able to derail the discussion about sugar for decades,” said Stanton Glantz, a professor of medicine at U.C.S.F. and an author of the *JAMA Internal Medicine* paper.

ARCH

The New York Times

[The Sugar Industry Shifted Blame to Fat](#)

9.



OPINION
What I Learned From
Executing Two Men

10.



Donald Trump Again
Won't Acknowledge
Obama Was Born in
U.S.

PAID POST: PHILIPS
This Tech Can Improve
Doctor-Patient
Communication

How the Sugar Industry Shifted Blame to Fat

By ANAHAD O'CONNOR SEPT. 12, 2016



iStock

The sugar industry paid scientists in the 1960s to play down the link between sugar and heart disease and promote [saturated fat](#) as the culprit instead, newly released historical documents show.

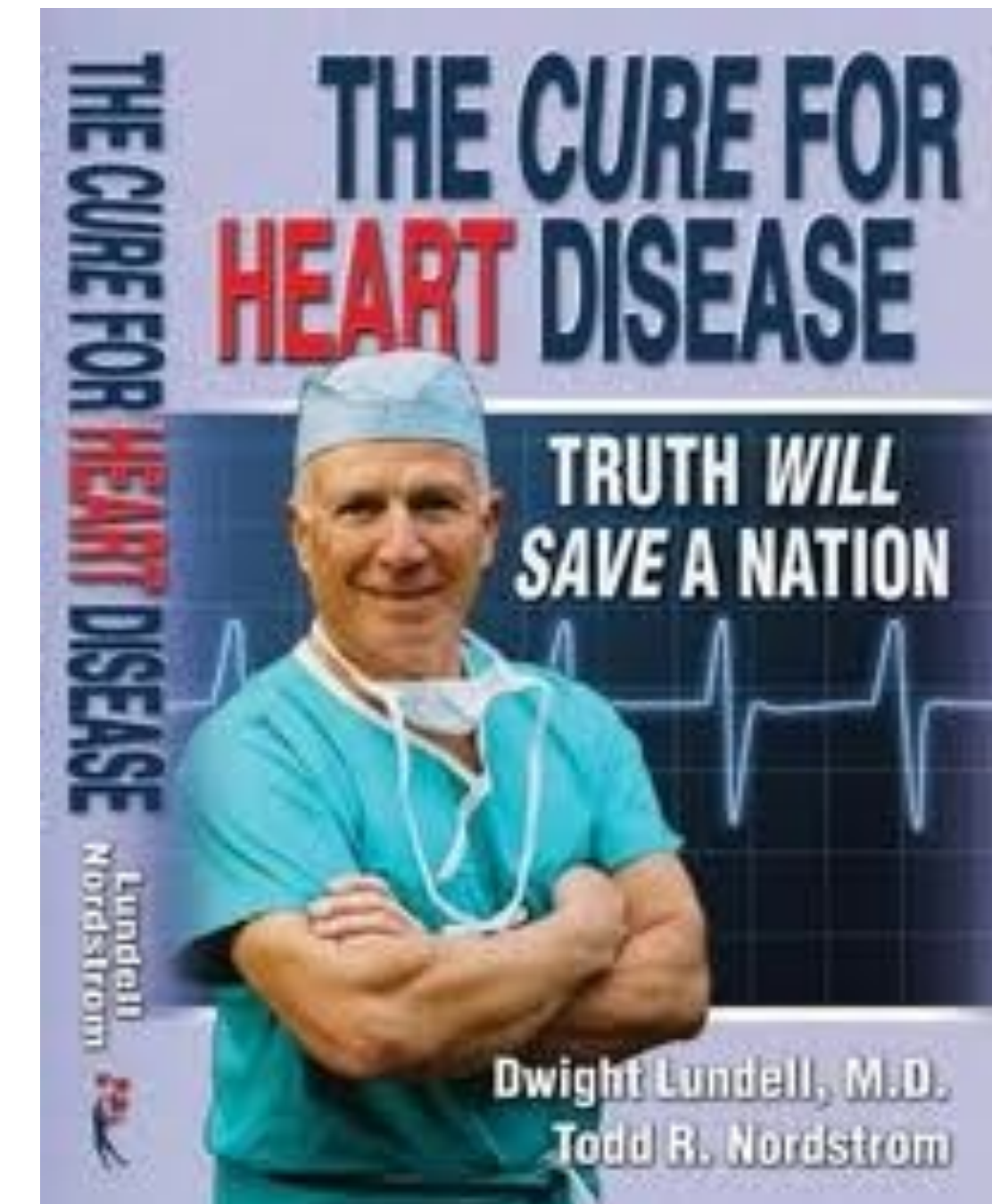
The internal sugar industry documents, recently discovered by a researcher at the University of California, San Francisco, and [published Monday in JAMA Internal Medicine](#), suggest that five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, may have been largely shaped by the sugar industry.

Research Is Skewed



...to the bias of the person doing the research.
Even well-meaning people.

Then add marketing & political lobbying to that and you get major "nutrition information wars".

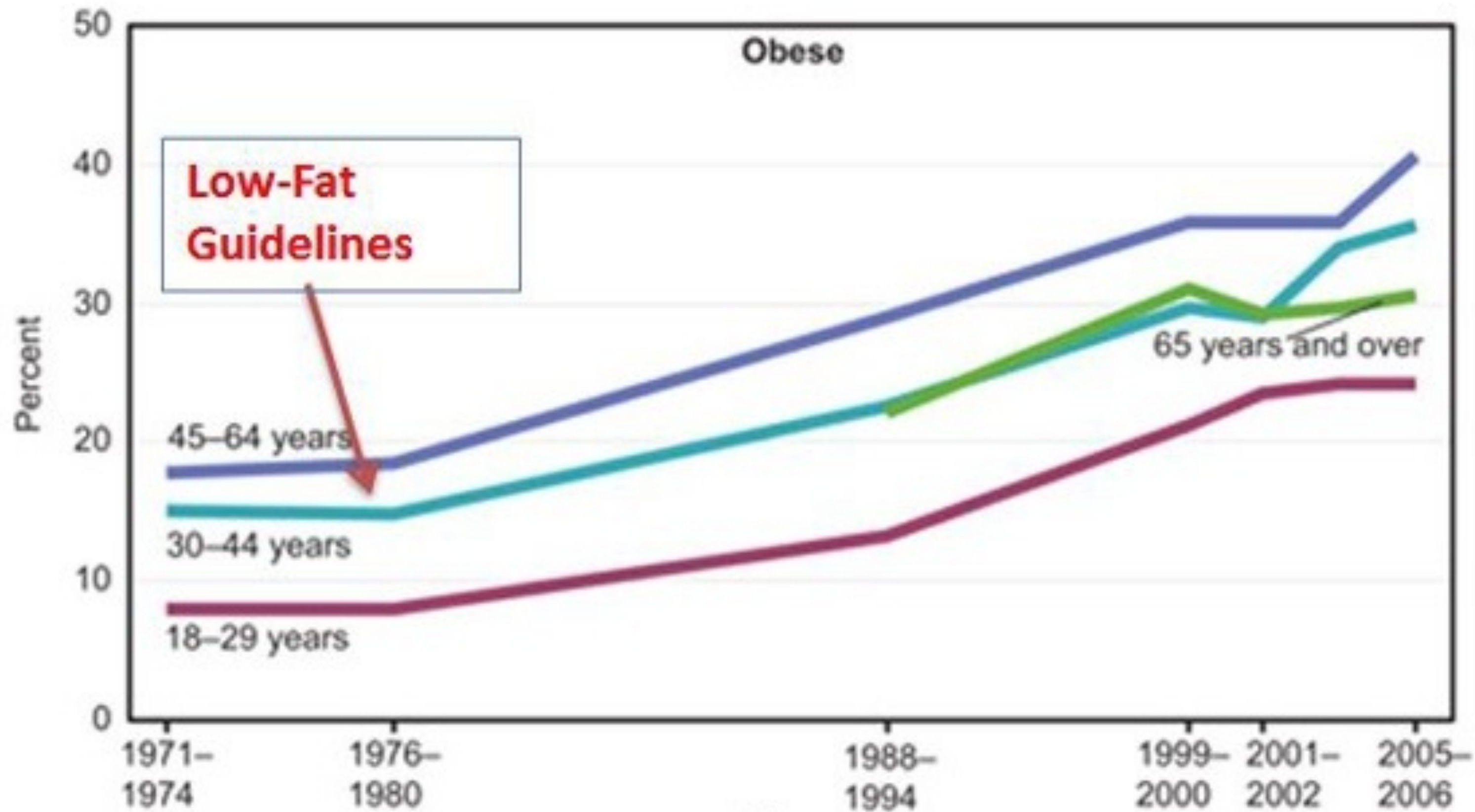


Some examples to read: [Calories aren't equal](#) [Low Fat Claims](#)
[Low Fat Claims 2](#) [China Study](#) [China Study 2](#)

“It is difficult to get a man to understand something, when his salary depends on his not understanding it.”

—Upton Sinclair





Source: National Center for Health Statistics (US). *Health, United States, 2008: With Special Feature on the Health of Young Adults*. 2009 Mar. Chartbook.

The Results Of The USDA Food Pyramid

Before 1970 it was a flat line

Trends in Child and Adolescent Overweight



Note: Overweight is defined as BMI \geq gender- and weight-specific 95th percentile from the 2000 CDC Growth Charts.
Source: National Health Examination Surveys II (ages 6-11) and III (ages 12-17), National Health and Nutrition Examination Surveys I, II, III and 1999-2004, NCHS, CDC.

The Results Of The USDA Food Pyramid

The first generation with shorter lifespans

Explosion of Disease

- Overweight & Obese
- Diabetes
- Heart disease
- Hypertension
- Raised cholesterol & LDL levels
- Stroke
- Cancer (immune system dysfunction)
- Auto immune system disorders
- Dementia

- Iatrogenic

