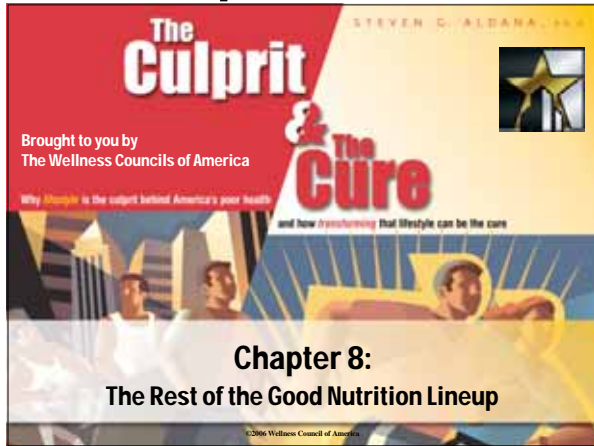
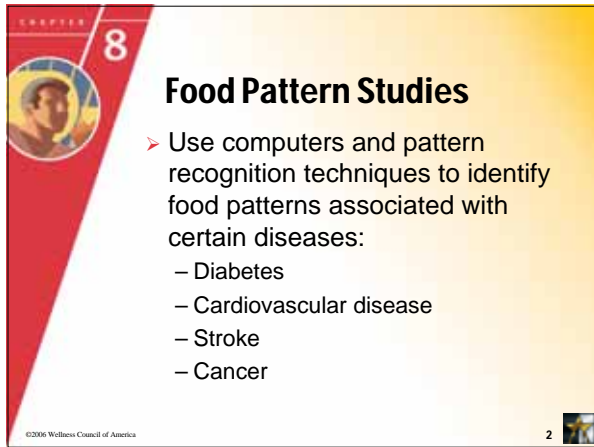
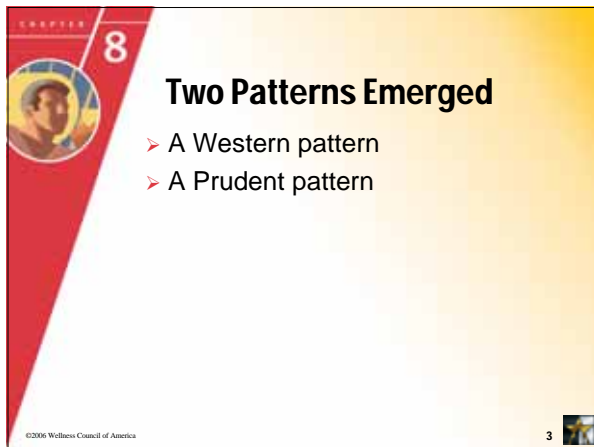


The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup








The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup

CHAPTER 8




A Western Pattern


- Little Physical Activity
- Red meat
- Processed meat
- Butter
- Potatoes
- Refined grains
- High fat dairy foods

©2006 Wellness Council of America 4

CHAPTER 8



A Prudent Pattern



Healthy Eating Pyramid

Red Meat, Butter
USE SPARINGLY

White Rice, White Bread,
Potatoes and Pasta,
Sweets

Dairy or Calcium
Supplement, 1-2
times/day

Fish, Poultry, Eggs
0-2 times/day

Nuts, Legumes,
1-3 times/day

Vegetables
(in abundance)

Fruits, 2-3
times/day


Whole Grain Foods
(at most meals)

Plant oils, including olive,
canola, soy, corn, sunflower,
peanut, and other vegetable oils

Daily Exercise and Weight Control

©2006 Wellness Council of America 5


CHAPTER 8



Western

- Little Physical Activity
- Red meat
- Processed meat
- Butter
- Potatoes
- Refined grains
- High fat dairy foods

Prudent



Healthy Eating Pyramid

Red Meat, Butter
USE SPARINGLY

White Rice, White Bread,
Potatoes and Pasta,
Sweets

Dairy or Calcium
Supplement, 1-2
times/day

Fish, Poultry, Eggs
0-2 times/day

Nuts, Legumes,
1-3 times/day

Vegetables
(in abundance)

Fruits, 2-3
times/day

Whole Grain Foods
(at most meals)

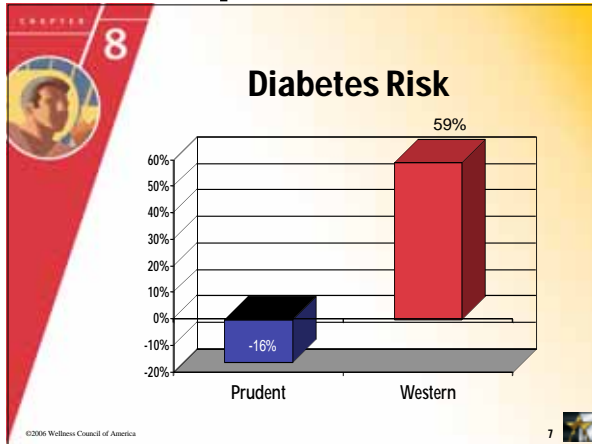
Plant oils, including olive,
canola, soy, corn, sunflower,
peanut, and other vegetable oils

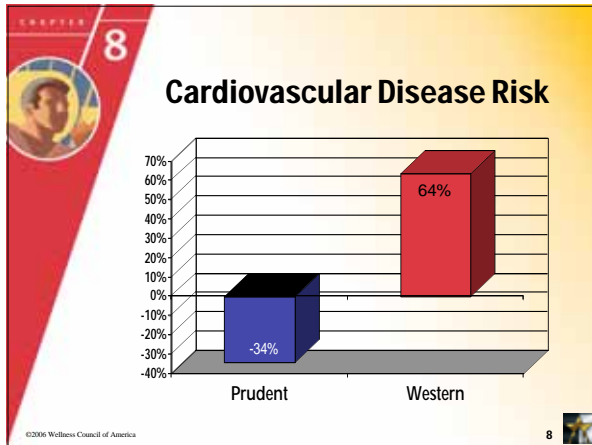
Daily Exercise and Weight Control

©2006 Wellness Council of America 6

The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup





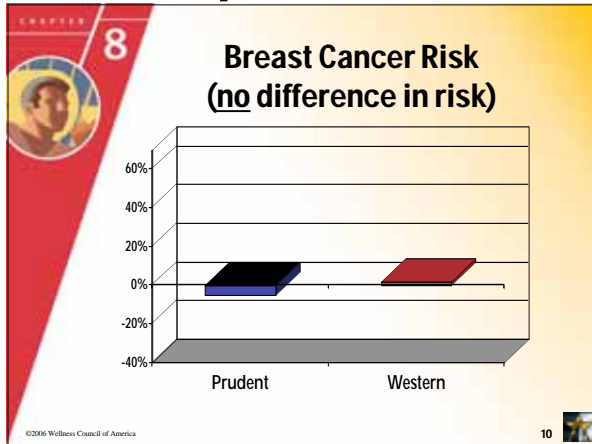
Stroke and Certain Cancers

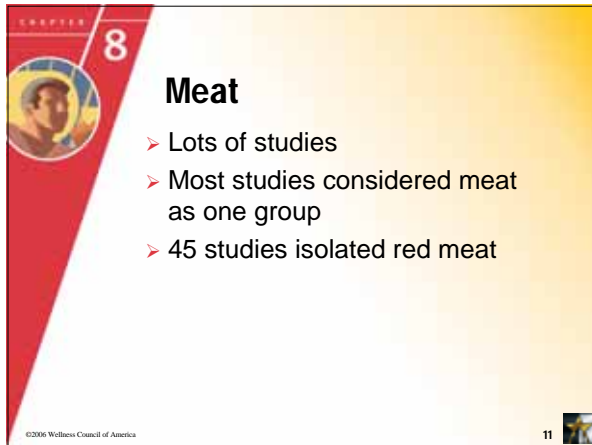
- Pattern studies for stroke and several cancers showed the same patterns and similar differences in risk.

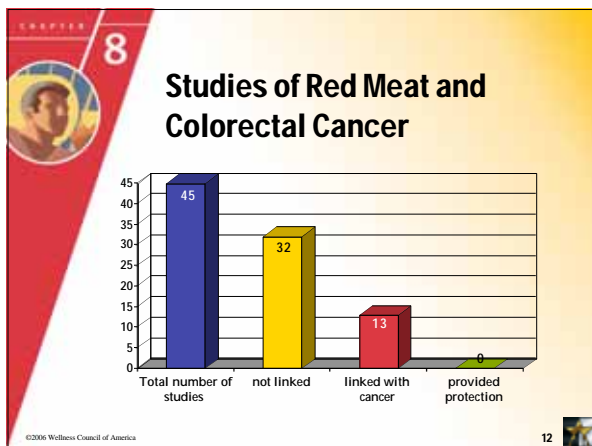
©2006 Wellness Council of America

The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup








The Culprit & The Cure


Chapter 8: The Rest of the Good Nutrition Lineup

CHAPTER 8




8 Studies of Red Meat and Colorectal Cancer

- Studies that compared colorectal cancer rates between vegetarians and non-vegetarians detected no difference in cancer rates between the two groups.


©2006 Wellness Council of America 13 

CHAPTER 8




8 Other Findings:

- There are 20 studies that looked at the relationship between eating meat and breast cancer.
- A review of all these studies showed that they failed to link red meat, white meat, or any meat with breast cancer.
- These same studies also failed to show a convincing link between egg and dairy product consumption and breast cancer


©2006 Wellness Council of America 14 

CHAPTER 8



8 Other Findings:

- Just one year after this review was published, one of the largest and best designed studies yet showed that animal fat was significantly linked with breast cancer in middle-aged women, making the evidence of a link between meat consumption and breast cancer even more difficult to understand.

©2006 Wellness Council of America 15 

The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup

CHAPTER 8




Recommendation

Red meat and processed meat probably increase the risk of cardiovascular disease and colorectal cancer; if you eat meat, you should do so sparingly.

©2006 Wellness Council of America 16

CHAPTER 8




Eggs

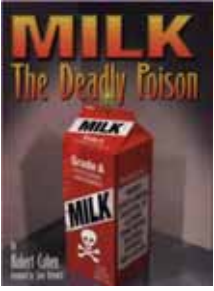
- The prudent diet pattern and the Mediterranean Diet show that poultry (including eggs) and fish (when eaten in moderation) may contribute to good health.
- The healthy Greeks who followed a Mediterranean Diet were eating zero to four eggs a week.
- Enjoy some eggs.

©2006 Wellness Council of America 17

CHAPTER 8



Milk, the Deadly Poison

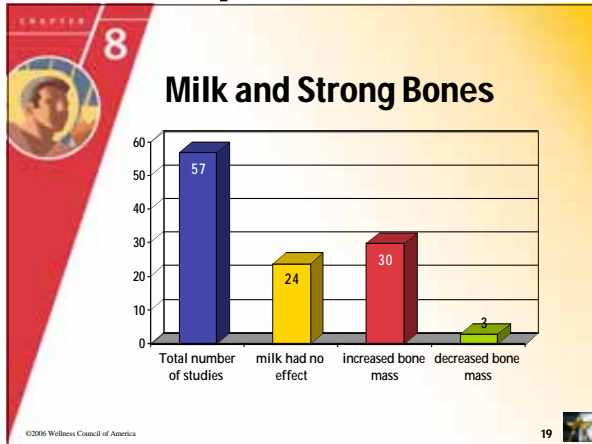


Some authors only talk about the studies that support their way of thinking. No...milk is not a deadly poison.

©2006 Wellness Council of America 18

The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup



CHAPTER 8

The Skinny on Milk...

- Not all milk is the same
- Whole milk vs. low fat milk

Type of milk	whole	2%	1%	skim
Percent fat	54%	36%	18%	0%

©2006 Wellness Council of America 20

CHAPTER 8

Western

- Little Physical Activity
- Red meat
- Processed meat
- Butter
- Potatoes
- Refined grains
- High fat dairy foods

Prudent

Healthy Eating Pyramid

©2006 Wellness Council of America 21

The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup

CHAPTER 8

Milk, a Mixed Bag of Data

- Over 30 case control and cohort studies tried to determine if dairy foods were related to colorectal cancer.
- The cohort studies consistently showed that eating dairy foods actually decreased the risk of getting colorectal cancers, but the case control studies found that dairy foods had no effect on these cancers.
- Dairy foods were also shown not to cause breast cancer. This conclusion came from a summary of 20 different studies.
- The only cancer that has any apparent association with dairy products is prostate cancer, and even this research is inconclusive; some studies show a relationship and some do not.

©2006 Wellness Council of America 22

CHAPTER 8

Milk, a Mixed Bag of Data

- Milk allergies, 2-3% of children.
- Lactose intolerant.
- Between 30 and 50 million Americans are lactose intolerant.
- As many as 75% of all African Americans and American Indians and 90 % of Asian Americans are lactose intolerant.
- For most people, lactose intolerance develops naturally over time.

©2006 Wellness Council of America 23

CHAPTER 8

Nutrition Facts
Serving Size 1 cup (245g)

Amount Per Serving	Calories from Fat 4	% Daily Value*
Calories 86		
Total Fat 0g		1%
Saturated Fat 0g		1%
Cholesterol 5mg		2%
Sodium 127mg		5%
Total Carbohydrate 12g		4%
Dietary Fiber 0g		0%
Sugars		
Protein 8g		
Vitamin A 0%	Vitamin C 4%	
Calcium 30%	Iron 1%	

Skim Milk

Nutrition Facts
Serving Size 1 cup (244g)

Amount Per Serving	Calories from Fat 70	% Daily Value*
Calories 146		
Total Fat 8g		12%
Saturated Fat 5g		23%
Cholesterol 24mg		8%
Sodium 98mg		4%
Total Carbohydrate 11g		4%
Dietary Fiber 0g		0%
Sugars 13g		
Protein 8g		
Vitamin A 5%	Vitamin C 0%	
Calcium 26%	Iron 0%	


Whole Milk

©2006 Wellness Council of America 24

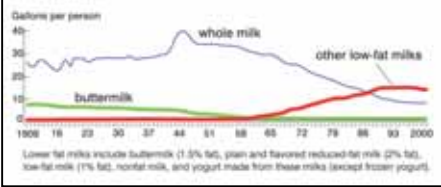
The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup

CHAPTER 8



Americans Are Switching to Lower-Fat Milks



Lower fat milks include buttermilk (1.5% fat), plain and flavored reduced-fat milk (2% fat), low-fat milk (1% fat), nonfat milk, and yogurt made from these milks (except frozen yogurt).

©2006 Wellness Council of America 25


CHAPTER 8



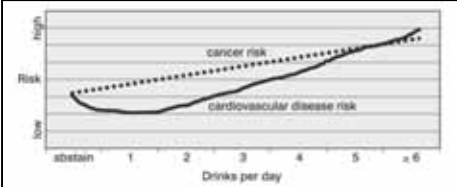
What About Alcohol Consumption?

©2006 Wellness Council of America 26

CHAPTER 8



Alcohol Consumption



©2006 Wellness Council of America 27

The Culprit & The Cure

Chapter 8: The Rest of the Good Nutrition Lineup

CHAPTER 8




Recommendations

- > If you don't drink, don't start.
- > If you do drink, do so in moderation.
 - Men – no more than 2 drinks per day
 - Women –no more than 1
- > Cancer risk increases with every drink.
- > Cardiovascular disease risk is lower with some alcohol, but increases rapidly as more is consumed.

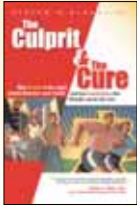
©2006 Wellness Council of America 28 

CHAPTER 8




The Culprit & The Cure


- > This book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.



- > www.welcoa.org

©2006 Wellness Council of America 29 

CHAPTER 8



Points to Remember:

- > The best nutrition information at this time shows that red meat and processed meats appear to increase risk of cardiovascular disease and stroke and may be linked to colon cancer.
- > Fish, poultry, and eggs can be part of a healthy lifestyle.
- > Don't roll your eyes at vegetarians, they're also getting great health benefits.
- > Dairy products that are low in fat should be favored over those that are high in fat.
- > Forget about the glycemic index if you are planning on eating a prudent diet.
- > If you drink any alcohol, do so in moderation.

©2006 Wellness Council of America 30 