Chapter 8: The Rest of the Good Nutrition Lineup

Food Pattern Studies

- Use computers and pattern recognition techniques to identify food patterns associated with certain diseases:
  - Diabetes
  - Cardiovascular disease
  - Stroke
  - Cancer

Two Patterns Emerged

- A Western pattern
- A Prudent pattern
Chapter 8: The Rest of the Good Nutrition Lineup

**A Western Pattern**
- Little Physical Activity
- Red meat
- Processed meat
- Butter
- Potatoes
- Refined grains
- High fat dairy foods

**A Prudent Pattern**

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

**Prudent**
The Culprit & The Cure
Chapter 8: The Rest of the Good Nutrition Lineup

Diabetes Risk
- Prudent: -18%
- Western: 59%

Cardiovascular Disease Risk
- Prudent: -34%
- Western: 64%

Stroke and Certain Cancers
- Pattern studies for stroke and several cancers showed the same patterns and similar differences in risk.
The Culprit & The Cure
Chapter 8: The Rest of the Good Nutrition Lineup

Breast Cancer Risk
(no difference in risk)

Meat
- Lots of studies
- Most studies considered meat as one group
- 45 studies isolated red meat

Studies of Red Meat and Colorectal Cancer
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.

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.

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.
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.

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.

Milk, the Deadly Poison
Some authors only talk about the studies that support their way of thinking. No...milk is not a deadly poison.
**The Culprit & The Cure**

**Chapter 8: The Rest of the Good Nutrition Lineup**

---

**Milk and Strong Bones**

- Total number of studies
- Milk had no effect
- Increased bone mass
- Decreased bone mass

---

**The Skinny on Milk...**

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

<table>
<thead>
<tr>
<th>Type of milk</th>
<th>whole, 2%, 1%, skim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent fat</td>
<td>54%, 36%, 18%, 0%</td>
</tr>
</tbody>
</table>

---

**Western**

- Little Physical Activity
- Red meat
- Processed meat
- Butter
- Potatoes
- Refined grains

**Prudent**

---

©2006 Wellness Council of America
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.

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.

<table>
<thead>
<tr>
<th>Skim Milk</th>
<th>Whole Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>60</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>4</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>25mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>240mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>12%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. 
**Cholesterol 200mg or less per day is recommended.
Chapter 8: The Rest of the Good Nutrition Lineup

Americans Are Switching to Lower-Fat Milks

[Graph showing milk consumption trends]

What About Alcohol Consumption?

[Graph showing alcohol consumption and its effects]

Alcohol Consumption

[Graph showing risk of disease and cancer with alcohol consumption]

©2006 Wellness Council of America
**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.

---

**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](http://www.welcoa.org)

---

**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.