

# Re: Staying thin is no monopoly of the Chinese

**Source:** <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-08/2654.html>

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**From:** francispoon (*fyfpoon\_at\_hotmail.com*)

**Date:** 08/27/04

Date: 27 Aug 2004 09:42:49 -0700

"GW" <look@signature\_to.reply> wrote in message  
news:<3QwXc.14488\$3O3.3142@newsread2.news.pas.earthlink.net>...  
> *Francispoon, did you observe any differences in quantity of food eaten*  
> *between BC and China? Any noticeable difference in portion size or*  
> *frequency of meals?*

The Chinese in the southern part of the country eat and eat and eat  
and drink but rarely get fat. I think there are two reasons:(1)they  
drink a lot of tea in the morning and with meals to help wash down the  
greese, and (2)no dairy products such as cheese and milk.

FP

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> *George*