

Re: Cheese

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- *From:* Jim Chinnis <jchinnis@xxxxxxxxxxxxxxxxxxxx>
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"Juhana Harju" <shantigiriorama@xxxxxxxxxx> wrote in part:

Jim Chinnis wrote:

: Joe Doe <None@xxxxxxxxxxxxxxxxxxxx> wrote in part:

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:: I personally love cheese but certainly limit my intake and I am
:: mindful of all saturated fat I consume. I do not think the entire
:: scientific community is deluding themselves in thinking it is a bad
:: player in CAD.

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: I believe that one day our studies of saturated fat vs unsaturated
: etc. will be laughed at. I think the "Nutrition labels" in the US
: with their careful counting of grams of saturated fat will be laughed
: at.

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: I think we might as well have chosen to classify foods by whether the
: food has a low or high ratio of width to length.

:-D You forgot height.

I was thinking long dimension to the smallest perpendicular... Maybe they should include BMI on nutrition labels. Green beans would do well. Rice less so. Grapes awful. Eel would be better than shrimp.

I suspect that classification may turn out to make as much sense as saturated vs monounsaturated vs polyunsaturated fat.

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Jim Chinnis Warrenton, Virginia, USA

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