

Re: The World's Healthiest Foods List

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-10/0747.html>

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- > > *This list is based on certain criteria discussed in the article, nutrition*
- > > *density being one of the most important:*
- > >
- > > <http://www.whfoods.com/foodstoc.php>
- > >
- > > *I have my own published list, since 02/05/02, at:*
- > > <http://food.naturalhealthperspective.com/fdscore.html>
- > >
- > > *I will compare the two lists. My objective was to promote eating a*
- > > *plant based diet. There is no need to stress meat and oils as most are*
- > > *already over consuming these items.*
- > >
- > > *Of course, both lists are mostly about whole foods.*

The above web site is billed as: The World's Healthiest Foods List, A-Z.

Of course, this is obviously not true at all. What it actually is, is a very complete list of all the whole foods which are commonly available to the consumer in the United States.

It is a "complete" list rather than a very selective list of the so-called best whole foods.

What I found interesting about this web site was that it had 68 Google backward links to its home page. 65 of these links came from within the same web site, with only 3 from other web sites. This was precisely the same condition my web site was in at the end of last year.

All of my internal links to my home page have since disappeared. Now all 60 of my backward links are coming from other web sites. Hence, Google is apparently using some kind of life cycle in order to compute its backward links. This web site is, thus, younger than my site.

Ergo, Google's computation of backward links is anything but honest, straight forward or correct. They are never remotely correct in most

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cases. If all my internal web pages were to be added to my list, I would easily have over 150 backward links. :(

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John Gohde