

## Re: healthiest whole wheat cake donut unglazed, or coffee creamer?

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-10/0749.html>

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**From:** tintinet (*christopher.a.dowling\_at\_gmail.com*)

**Date:** 10/18/04

Date: 18 Oct 2004 03:48:45 -0700

"Piezo Guru" <gbusey@honmail.com> wrote in message  
news:<1098068249.B2qIjMGEaNu63is/trHsdQ@teranews>...  
> *"fat" is a necessary nutrient and good for humans.*

"Fat" is a quite generic term. True, there are necessary fatty acids,  
but trans-fats are not necessary, nor are excessive fats, especially  
saturated fats, necessary or, in many cases desirable. Donuts are a  
poor nutritional source. Period.

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> *"tintinet" <christopher.a.dowling@gmail.com> wrote in message  
> news:835620ef.0410171358.6c9912d4@posting.google.com...  
> > usenet\_daughter@yahoo.com (Mad Scientist Jr) wrote in message  
> news:<7a93f3c4.0410150612.14ec97f9@posting.google.com>...  
> > > can someone recommend anyone who makes a "healthy" donut or coffee  
> creamer?  
> >  
> > *Healthy donut = oxymoron by definition. Healthy food is generally  
> > unprocessed.*  
> >  
> > *With creamer one can come closer, perhaps, as less may be used. Fat  
> > free "half n' half" might be relatively healthy.**