

# Re: Nutrition Guidelines

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-06/msg00854.html>

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  - *Date:* 21 Jun 2005 20:38:49 -0700
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<http://www.beyondveg.com/cordain-1/grains-leg/grains-legumes-1a.shtml>

See above for cautionary note regarding cereal grain and legume consumption.

Also see: Am J Clin Nutr 2005;81:341-54. Origins and Evolution of the Western diet.

--TonySeb

Rita wrote:

- > I have been wondering how those producing the nutrition
  - > guidelines determine certain recommendations, such as
  - > the grams of fiber one should strive for each day.
  - > Can this vary by age and weight and other factors as well?
  - > Eating say, x number of servings of vegetables each day
  - > is recommended, but how large need those servings be?
  - > Is there individual variation on this?
  - >
  - > Just how are these nutrition guidelines determined?
  - > Are they tested and with what population? Or are they
  - > simply a "best guess"? I'd really like to have some
  - > information on exactly what the process is of
  - > determining these guidelines before they are released
  - > to the public?
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