

# Re: The Final Word on Nutrition

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*Source:* <http://sci.tech--archive.net/Archive/sci.med.nutrition/2005-09/msg00019.html>

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- *From:* "Cubit" <no@xxxxxxx>
  - *Date:* Thu, 01 Sep 2005 19:08:00 GMT
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The \*final\* word on nutrition would have to be something like: Hemlock

"Visual Purple" <DoreenDotan@xxxxxxxx> wrote in message  
[news:1125505784.926477.217610@xx](mailto:news:1125505784.926477.217610@xx)

- > The results of extensive research are in and they are absolutely
- > conclusive.
- >
- > A light hearted look at nutrition
- > November 7, 2003
- > Terry Hopkin-Sundby
- >
- > Via AgBioView at [www.agbioworld.org](http://www.agbioworld.org)
- >
- > After so many heavy discussions on the pros and cons of GM or
- >
- > Organic food or regular farming, here's the absolute truth ladies and
- > gents..
- >
- > For those of you who watch what you eat, here's the final word on
- > nutrition and health. It's a relief to know the truth after all those
- > conflicting medical studies:
- >
- > 1. The Japanese eat very little fat and suffer fewer heart attacks than
- > the Americans, Australians, British, or Canadians.
- > 2. The Mexicans eat a lot of fat and also suffer fewer heart attacks
- > than the Americans, Australians, British, or Canadians.
- > 3. The Japanese drink very little red wine and suffer fewer heart
- > attacks than the Americans, Australians, British, or Canadians.
- > 4. The Italians drink large amounts of red wine and also suffer fewer
- > heart attacks than the Americans, Australians, British, or Canadians.
- > 5. The Germans drink a lot of beer and eat lots of sausages and fats
- > and suffer fewer heart attacks than the Americans, Australians,
- > British, or Canadians.
- > 6. Ukrainians drink a lot of vodka, eat a lot of perogies, cabbage
- > rolls and suffer fewer heart attacks than the Americans, Australians,
- > British, or Canadians.
- >
- > CONCLUSION: Eat and drink what you like. Speaking English is apparently

> what kills you.

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