

Re: the business of carbs or is it the conspiracy or carbs?

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- *From:* "TC" <tunderbar@xxxxxxxxxxxxx>
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Specific cites?

TC

outsor@xxxxxxxxxxxxx wrote:

All large population studies, of which there are countless examples, look at breakdowns of food categories to find risk levels. In these, while also considering animal products, whole grains and beans have reduced risk levels in many areas. Some meat products show higher risk. These studies often look at level of intake as compared to level of risk and the same results occur. The take home message is moderation in all things.

"Find me a study that compares whole grains to anything other than refined grains."