

Re: asian 70% carb diet "paradox"

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- *From:* capmack@xxxxxxxxxxxx
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From the posted info:

"most Chinese in rural areas, consume a diet that is dull and limited in the extreme. A 1946 survey of rural China indicated that 88% of the diet was composed of cereals and legumes, with only 5% as vegetables, 3% as meat and fish and 4% as fats. 2

Rice is China's most important cereal. In the Southern regions it is consumed at all three meals. A 1939 survey found that adult males in the region ate as much as 485 pounds of rice other parts of China, however, rice is not consumed at all. Millet and wheat production dominate the more arid regions of northern China—with millet consumed principally in the form of a fluffy porridge, and wheat made into noodles and bread, although in the poorest regions, wheat is consumed as a rough porridge. Barley, sorghum, corn, buckwheat, rye and oats constitute minor crops in China, but the total of them all adds substantially to the amount of carbohydrate food consumed by the populace."

Yup, rural china is not an atkins paradise, the whole of asia in fact. The 70 percent we use is an average for all of asia. Income as above determines much. Those traditional diet areas above have the lower metabolic disorder leveles. In urban and highr income areas more meat and fat is added to the diet with more calories, greater obesity and less exercise. The result, yup, higher levels recently of metabolic disorders.

Intresting the pricies don't harp on amount of carb intake, they ain'g atkin groupies one assumes.

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