

Re: "Science writer blames obesity, disease on carbs."

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Another point: I've been calling for a nutritional science based upon comparison of the effects of actual diets, rather than the current approach, which essentially takes diets apart, often in a nonsensical way, then examines the various "associations," "links," "characterizations," "correlations," etc. Medical science is doing similar things these days with "markers," often indirect ones. With my approach, a diet that people might actually eat is compared to others based upon biochemical evidence. For example, my obese relatives like to eat knishes. I took a look at the nutritional information on ones they like, and each serving had 29 grams of carbs ("simple," obviously) and 6 grams of fat, but only .5 of a gram was saturated. With my approach, two diets would be compared, one that included these kinds of items (which are very common) and one that included "simple carbs" with the reverse fat profile. For example, a local store sells mint fudge cookies that have 8 g of fat per serving, 7 of which are saturated. I eat these kinds of items, but would never eat those knishes. However, I never eat such items by themselves, but rather always have something that is rich in high-quality protein with it.

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