

[WHOLE RETHINKING THE SCIENCE OF NUTRITION](#)



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Whole Rethinking the Science of Nutrition T Colin

For more than 40 years, T. Colin Campbell, PhD, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the author of the bestselling book, The China Study, and the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University.

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Campbell's follow-up to his best-selling The China Study is more of the same, in the best way. He continues his quest to convince people that "the ideal human diet looks like this: Consumer plant-based foods in forms as close to their natural state as possible eat a variety of vegetables, fruits, raw nuts and seeds, beans and legumes, and whole grains."

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Reductionism is not the way that nutrition works by definition. It is time to recognize the science that demonstrates the health benefits of whole foods instead of their nutrient parts.

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Whole food Wikipedia

Whole foods are plant foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Examples of whole foods include whole grains, tubers, legumes, fruits, vegetables.. There is some confusion over the usage of the term surrounding the inclusion of certain foods, in particular animal foods.

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The latest dietary guidelines have a chapter on food components to reduce. But, when they say things like reduce intake of solid fats (major sources of saturated and trans fatty acids), what does that mean in terms of which foods to reduce?

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Whole Grain Foods Not Always Healthful Scientific American

Last month the American Society for Nutrition (ASN) reaffirmed in a report that fiber-rich whole grains lower the risks of diabetes and heart disease. Media outlets such as Reuters duly reported

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Red meats Time for a paradigm shift in dietary advice

This British Nutrition Foundation review concluded that most people in the UK eat moderate amounts of red meat, with an average intake of 47 g per day for women and 78 g per day for men (Wyness et al., 2011). In Canada, adults eat an average of 74 g of red meat per day (calculations based on data from Statistics Canada,

2004). This amount is well within the two to three daily servings of meat

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