Reading Summaries

# Dietary Cholesterol and Cardiovascular Risk

**The study analyzes the effect that diets have on our cholesterol levels, and how much diet recommendations (which is different from people following a specific diet) affect our cholesterol levels. It concludes that while there are exists food that are bad for our cholesterol (i.e., they increase it substantially), we don’t have to specifically address their consumption because the standard healthy diets in America already have a balanced amount of non-cholesterol-high foods.** Because of this it is not worth it emphasizing that one should also take specific care of cholesterol when following a generally healthy diets. The study does remark however that if one follows a specific type of diet, such as vegetarian, the lack of certain high-cholesterol foods allow us to eat more of other types of food that are high in cholesterol.

# Soda industry infuence on obesity science and policy in China

The paper analyzes the influence that public consumer product conglomerates have on China’s health policies. It compares the effect it had in China with the US and other countries were corporations are prominante in shaping the political landscape.

The paper shows how in the last two decades the focus of efforts to decrease obesity have shifted from diets to physical activity, which is highly likely to have been influenced by companies (such as Coca Cola) that want people to believe that it is what they do, and not what they eat, that determines their health.

It is important to control the spread of these companies’ messaging to identify organizations such as ILSI-China that show themselves as NGOs looking to help solve the current epidemic but are actually covert lobbying and marketing tools that represent the interest of these corporations.

We need to push for more expert-backed policy moves, such as China’s 2016 dietary guidelines, while being wary of companies, such as PepsiCo, that try to influence the associated public education campaigns.