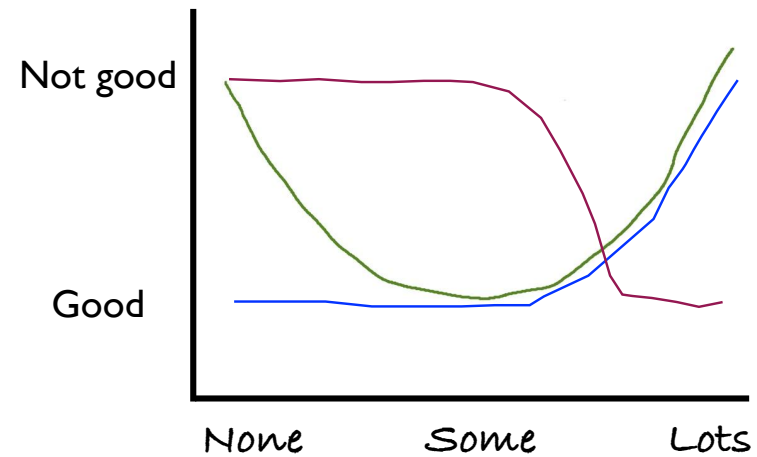




Concept #1

The dose makes the poison

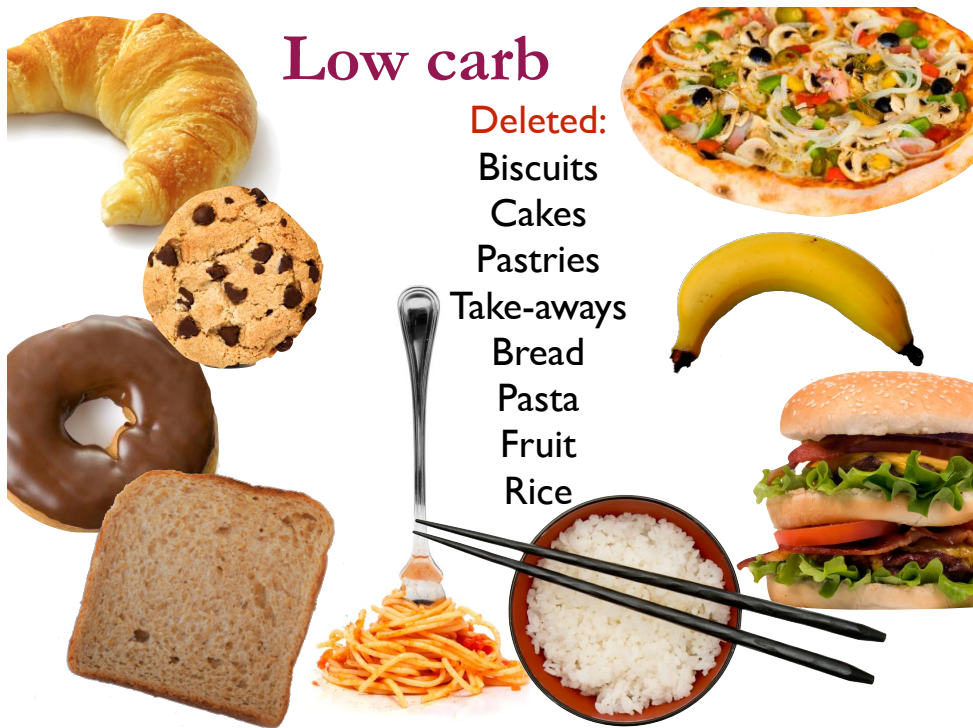


Concept #2

!
Nothing in life is to be feared.
It is only to be understood.

Marie Curie 1867-1934





Low carb

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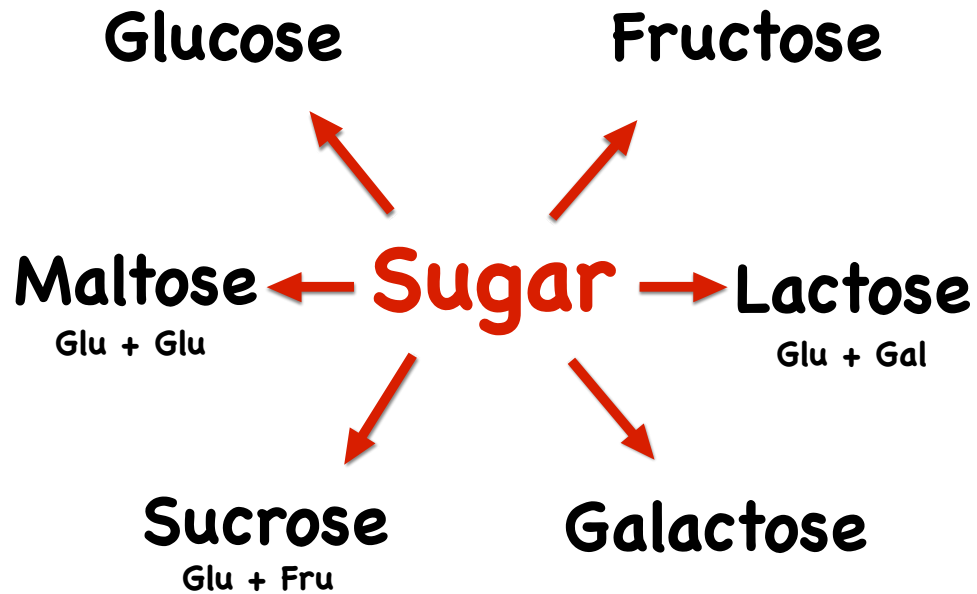
Biscuits
Cakes
Pastries
Take-aways
Bread
Pasta
Fruit
Rice



Sugar-free

Deleted:

Biscuits
Cakes
Danish pastries
Confectionery
Regular soft drink



10% sugar

Sucrose
Fructose
Glucose

11% sugar

Sucrose
Fructose
Glucose

12% sugar

Sucrose
Fructose
Glucose



Concept #3

The problem

Nutrition Information (AVERAGE)
servings per package - 17
average serving size - 45g (3/4 metric cup)

	quantity per serving	% daily intake ^A per serving	per serve with 1/2 cup skim milk	quantity per 100g
ENERGY	670 kJ	8%	870 kJ	1490 kJ
PROTEIN	4.0 g	8%	8.6 g	8.8 g
FAT, TOTAL	0.7 g	1%	0.8 g	1.6 g
- SATURATED	0.2 g	0.8%	0.3 g	0.4 g
CARBOHYDRATE	32.3 g	10%	38.8 g	71.8 g
- SUGARS ^A	12.9 g	14%	19.4 g	28.7 g
DIETARY FIBRE	3.6 g	12%	3.6 g	7.9 g
SODIUM #	13 mg	0.6%	70 mg	30 mg

		% RDI [*]		
THIAMIN (VIT B1)	0.28 mg	25%	0.33 mg	0.61 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.68 mg	0.94 mg
NIACIN	2.5 mg	25%	2.6 mg	5.6 mg
FOLATE	100 µg	50%	106 µg	222 µg
IRON	3.0 mg	25%	3.1 mg	6.7 mg

[†] Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.
[▲] % Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
^{*} % Recommended Dietary Intake (Aust/NZ) per serving.
[^] Over 1/2 the sugar in this product is from the fruit.
[#] 13mg of sodium per serve is equivalent to less than 0.1g of salt.

Ingredients
 Wholegrain cereals (66%)(whole wheat, rolled oats), sultanas (17%), sugar, triticale (6%), apricot piece (3.5%)(concentrated apricot puree, concentrated apple puree, invert sugar, humectant [glycerol], sugar, wheat fibre, gelling agent [pectin], acidity regulator [296], natural flavour, colour (paprika, lutein)), barley malt extract, natural flavour, salt, honey, mineral (iron), vitamins (niacin, riboflavin, folate, thiamin).
CONTAINS GLUTEN CONTAINING CEREALS.
MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.



What is the ideal diet?

What are the characteristics?

Do we consider more than just food?

Does it depend on the country?

Paleolithic Diet (10,000+ yrs ago)

- No single paleo diet
- Minimally processed
- High satiety
- Higher % of protein
- More fibre, unsaturated fat, potassium cf modern eating
- Meat, game, fish, fruits, vegetables, root vegs, eggs, nuts, mushrooms, honey
- No dairy, legumes, grains, cereals, rice, salt, alcohol



Paleolithic Diet (for)

- Cooking of meats made them easier to digest
- Low GI (about 50 cf 55 'healthy eating')
- Animal foods provided 30-60% of energy
- Low energy density
- Most followers will lose weight
- Improved insulin sensitivity
- Lower blood pressure
- Reduced calcium excretion
- Very active people

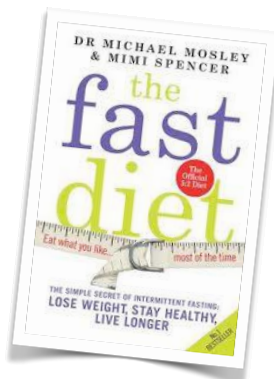
Paleolithic Diet



Paleolithic Diet (against)

- The human genome has changed over the last 10,000 years
- Humans have proliferated & longevity improved over the last 10,000 years
- Paleolithic man life span 35 yrs; 10-20% lived until 60 yrs
- Can we afford a high animal flesh diet?
- Animals domesticated vs wild
- Can you eat all parts of the animal ?
- Almost all food genetics different today
- Limited seasonal food

Intermittent Fasting



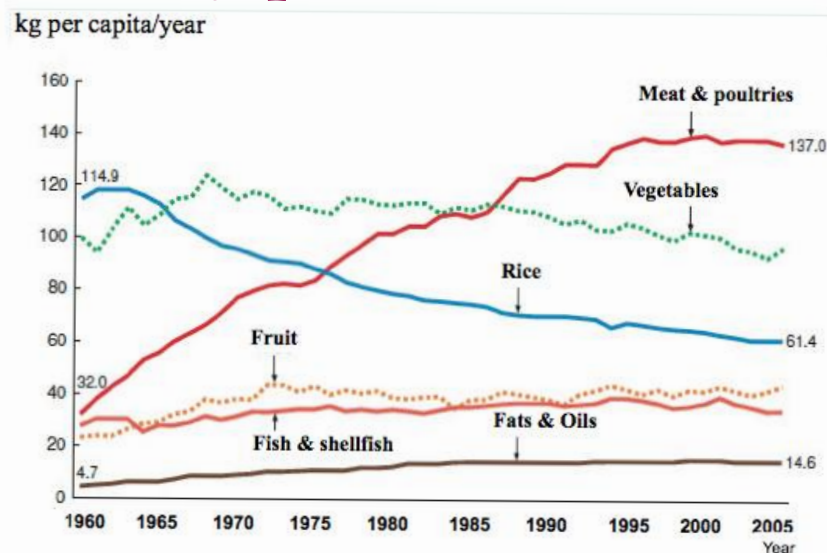
- 5:2 program
- 2 days 2000-2500 kJs
- Protect neurones ?
- Not cancer protective
- Another version: long-term low kJ intake

Japanese Diet

- Fish, lean meat, eggs, soy & soy products
- Fruits, vegetables, seaweed
- Mushrooms (fresh & dried)
- Burdock, green tea
- Low saturated fat, low GI, high antioxidant
- Life expectancy increased from 50 to 79 yrs (men) and 54 to 86 yrs (women) since WWII
- Animal food consumption in 2005 is 4 x 1960
- Rice consumption halved since WWII, although still 30% of calories

J Atherosclerosis & Thrombosis 2011; 18: 723-734

Japanese Diet



J Atherosclerosis & Thrombosis 2011; 18: 723-734

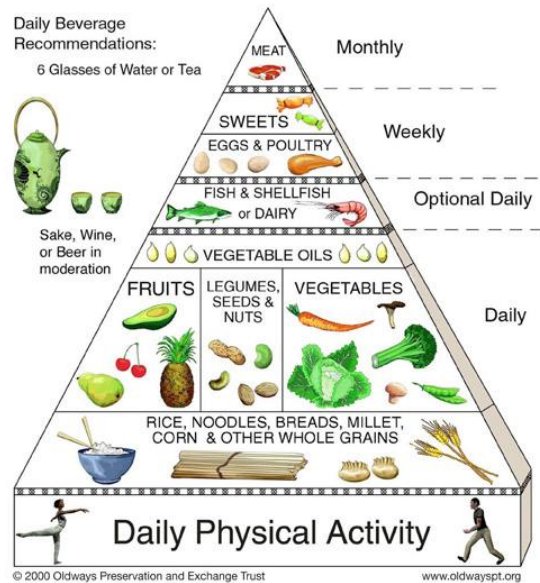


Okinawan Diet

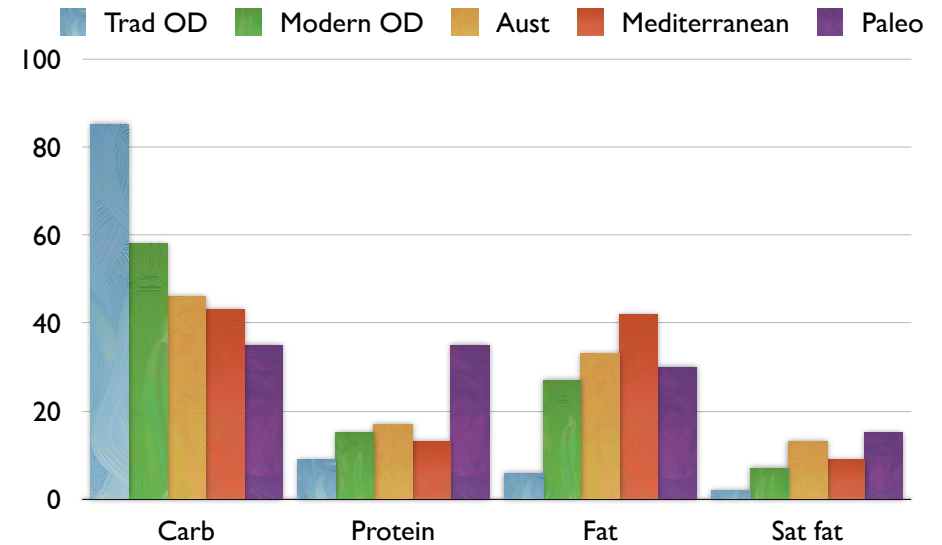
- Longest lived Japanese post WWII
- Changed early to a Western diet
- Male life expectancy has not increased since 1980; been below national average since 2000

J Am Coll Nutrition 2009; 28: 500S-516S

Asian-style Diet

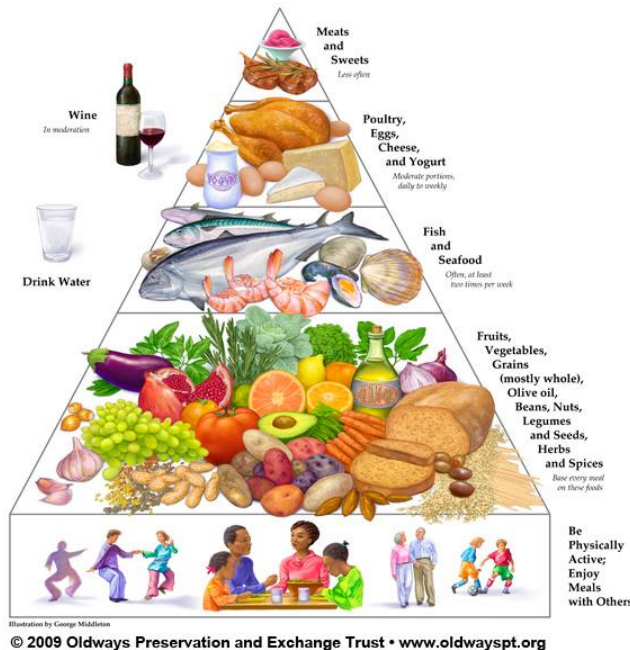


Diet Comparison



J Am Coll Nutrition 2009; 28: 500S-516S; Nat Nutn Survey ABS 1998

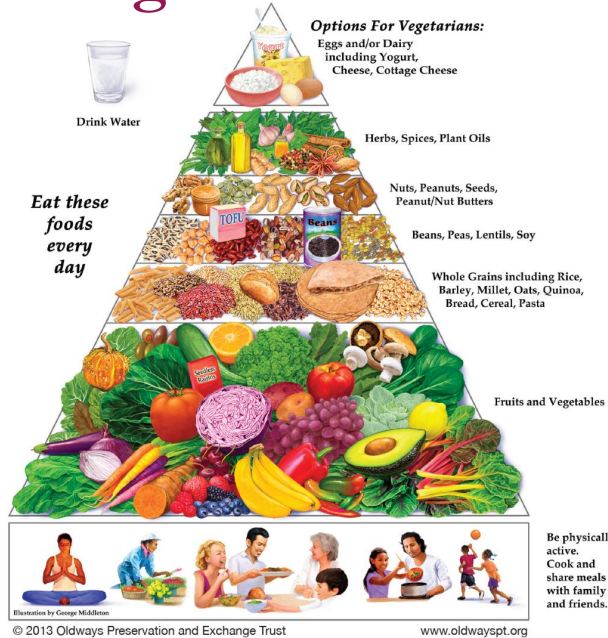
Mediterranean Diet



Vegetarian Diet

- Confusion as to what is vegetarian
- “Planet friendly”
- Ovo-lacto vegetarian
- Marker for healthy living
- High vitamins such as folate, C, beta-carotene
- More fibre & antioxidants
- Lower energy density
- Nutrients at risk: vitamin D, Zinc, Iron

Vegetarian Diet



Vegetable juice vs vegetables



	250 mL V8	3 serve veg *
Energy kJ	177	205
Protein g	4.3	2
Fat g	0	0
Carb g	6.3	6.7
Fibre g	1.8	5.1
Sodium mg	635	106

* 1 serve tomatoes, celery & carrots

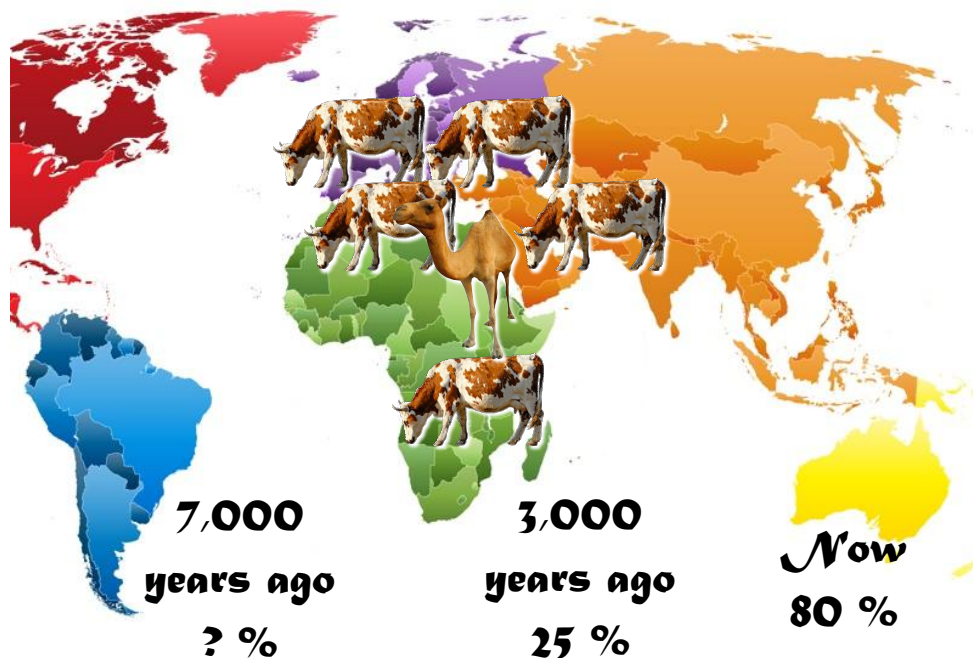
Vegan Diet

- No harm to sentient beings
- May have lower need for calcium (600 mg)
- Nutrients at risk: B12, D, Zinc, Iron, Calcium, omega-3



Non-animal sources of key minerals

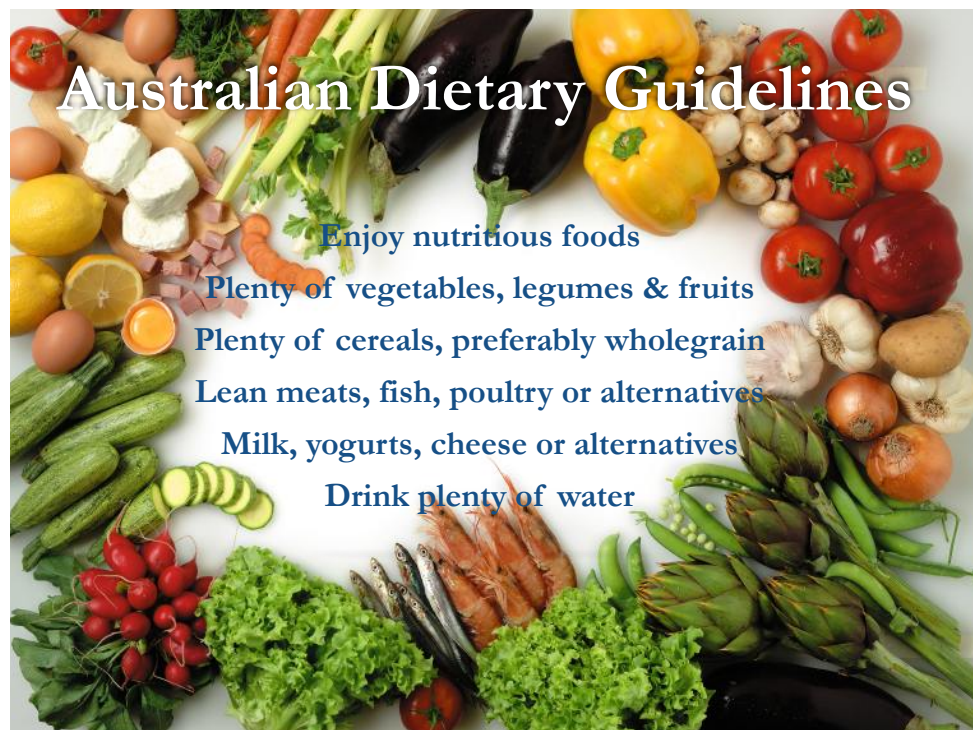
Calcium (RDI 1000 mg)	Iron (RDI 8-18 mg)	Zinc (RDI 8-14 mg)
Calcium-fortified soy drink, 1 cup (300 mg)	Muesli 1 cup (3.5 mg)	Breakfast cereal, 1 cup (1-2 mg)
Tofu, Ca++ coagulant, 100 g (300 mg)	Breakfast cereal (2-3 mg)	Cooked legumes, 1 cup (1 mg)
Aktavite 1 Tbsp (120 mg)	Milo, Sustagen Sport, 1 Tbsp (3 mg)	Sustagen Sport, 1 Tbsp (2 mg)
Baked beans, 1 cup (80 mg)	Tofu, firm 50g (1.4 mg)	Cashews 30g (1.5 mg)
Broccoli 1 cup (30 mg)	Tahini 30g (1.5 mg)	Tahini 30g (1.5 mg)



Dunne J et al, Nature, 21 June 2012; 486: 390-394

Brazilian Dietary Guidelines

1. Prepare meals from staple and fresh foods.!
2. Use oils, fats, sugar and salt in moderation.!
3. Limit consumption of ready-to-consume food and drink products.!
4. Eat regular meals, paying attention, and in appropriate environments.!
5. Eat in company whenever possible.!
6. Buy food at places that offer varieties of fresh foods. Avoid those that mainly sell products ready for consumption.!
7. Develop, practice, share and enjoy your skills in food preparation and cooking.!
8. Plan your time to give meals and eating proper time and space.!
9. When you eat out, choose restaurants that serve freshly made dishes and meals. Avoid fast food chains.!
10. Be critical of the commercial advertisement of food products.



What should we eat ?

