**Anatomy Don’t Blame Fat Article** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hr\_\_\_\_

Directions: Read the article and answer the following questions.

1) In 1980, what was the primary directive by the USDA for the dietary guidelines?

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2) What was the major reason for giving this directive? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) After 4 decades what was the result of the experiment? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) What was the increase in diabetes from 1980 to 2012? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) What is the cost per year for Type 2 diabetes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6) What fraction of our country is obese? \_\_\_\_\_\_\_\_\_

7) Fats from what two foods can actually protect you from heart disease? \_\_\_\_\_\_\_\_\_and\_\_\_\_\_\_\_\_\_\_\_\_\_

8) Write out the first two sentences in the middle paragraph on page 31. **Important!!!** … let me get you started ☺:

 New research suggests \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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9) What did Dr. Robert Lustig say? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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10) Who did the Seven countries study? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11) What was the conclusion of the Seven countries study? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12) What were the flaws of the Seven Country study?

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 Crete – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Corfu – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13) About how much meat did the average American consume in the 19th century (1800s)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14) How does this compare to our meat consumption today? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15) Describe the research the Dr. Walter Willett discovered. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dr. W is totally the bomb. I did a class on nutrition through Loyola Maramount University and I had to read a book by him that totally changed the way I ate. If interested it is called: Eat, Drink and Be Healthy by Walter C. Willett

16) What supports Dr. Willett’s research as being credible? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17) What two types of fats were found to be healthy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18) What type of diet is about 40% of the two fats in number 17? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19) In 2010 the USDA recommended what % of calories from saturated fats? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

20) What is a “meta-analysis”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

21) What was the conclusion of the 2010 meta-analysis? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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22) Look at the pictures of food intake that increased and decreased. Several things surprised me! Write two sentences of more than 7 words on two new things you learned.

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23) What was saturated fat found to do with LDLs and HDLs? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

24) Instead of saturated fat, eating what type of foods increase the small, sticky, bad LDLs? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25) With the above information is it a good idea to eat saturated fats all the time (cheeseburgers and butter in the coffee … who does that?????? … think I’m gonna try it tomorrow morning HA HA! \_\_\_\_\_\_\_\_\_\_\_

26) What have omega-3 fatty acids been found to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

27) What are two types of foods high in omega-3 fatty acids? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

28) I fell into the Snackwell cookie trap … crap! … anyway why were they bad for me: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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29) What was the difference in average calorie intake in 1970 compared to 2010? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30) A bagel … no different than skittles … who would of thought that??? The body is like “honey badger” … it don’t care … it just wants to store calories in case there is no food at some point … “honey badger don’t care!”

31) Write out the first 3 sentences in paragraph one on page 35. I will get you jump started again: Those sugars stimulate the production of …\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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32) Why is it harder to lose weight on a low fat diet than a low carb higher fat diet? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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33) Michael Pollan and nearly every expert … including my daughter who is a dietician … believes we should increase our diet with: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Give 4 examples of this

1) 2) 3) 4)

34) **Portion control** (amount of food consumed at one time) should be the number one thing in your diet. Write 3 sentences on **portion control** tied in with the information you just read on fat and carbohydrates. Yes … you will need to come up with this on your own. : )

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35) A little AOM article of the month : ) … Hooray!

 So how does this make you feel? (what does the message/theme/concept mean in your life and/or in the lives of others? Why is it worth sharing? What significance does it have in your life and in the lives of others? (write it on back). **5 sentences minimum.**

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