

Food Science – Facts and Fiction

1. Our Bodies and Plants

14 years – slower aging

Increasing age span

1900 causes of death were infective diseases

Common causes of death today are chronic

1800 cartoon diet of kings

Rich diets cause chronic diseases

Today the SAD is the diet of kings

Kempner's rice diet is a definitive demonstration.....

Too much protein puts a heavy load on the kidneys

Too much fat causes heart disease and diabetes

Greger Video

We have ignored these truths for 70 years

Medical schools don't teach nutrition

Food Seduction - fast food, cheap processed food,

Government has lied to us – big food lobby, USDA food pyramid, McGovern Report

Commercial interests – advertising, confusion of diets, food lobby

2. History of Nutritional Science

3. The Value of Fiber and Starch

Burkitt Fiber Study

Pritikin diet

McDougal lecture on starch

4. The Problem with Fats

Framingham Study – fat

Diet Confusion

Advertising

Food Pyramid

USDA

Food seduction

5. Reversing America's #1 Threat – Heart Disease Heart Disease Dementia prevention

6. Reversing Diabetes

7. Dementia Prevention

8. Optimizing Immunity

9. The Future of Nutrition

10. TBD

11. Thanksg

FOOD SCIENCE: FACTS AND FICTION



Arsht Hall, Wilmington (Q256)

Thursday 10:45 a.m. - noon

9/8/2022 – 11/17/2022

Instructors: Reid Kellogg, Linda Kellogg

Number of class sessions: 11 • *Class limit:* 50

Course format: Discussion, Lecture, Video-based

Walk with leading experts through studies of the value of a plant based lifestyle for vitality and longevity. Lectures also include pertinent studies of chronic disease management. Discussion reveals food facts and fiction with tips for putting your knowledge into practice for tasty meal planning.

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KELLOGG, LINDA—B.A., Wilson College. Career in family retail business and now OLLI volunteer. Forks Over Knives plant-based cooking certificate, 2020. (Q256-W)

KELLOGG, REID—Ph.D., chemistry, Northwestern University; B.S., Franklin & Marshall College. Thirty years with DuPont in research and marketing. Plant-based practitioner since 2010 and avid golfer. (Q256-W)