

JACK OPPRAT'S LEGACY

THE SCIENCE AND POLITICS OF FAT & CHOLESTEROL



A WEALTH OF
SCIENTIFIC RESEARCH
HAS LINKED FATS
TO HEART DISEASE AND
MAJOR FORMS OF
CANCER, BUT
THE PUBLIC HAS
BEEN KEPT IN
THE DARK ABOUT THIS
GREASY KILLER



PATRICIA HAUSMAN,
CENTER FOR SCIENCE IN THE PUBLIC INTEREST

FOREWORD BY RICHARD M. FODDELL, M.D.
PREFACE BY MICHAEL F. JACOBSON, PH.D.

Jack Sprats Legacy The Science And Politics Of Fat And Cholesterol

William G. Rothstein



Jack Sprats Legacy The Science And Politics Of Fat And Cholesterol:

Diet for a New America John Robbins, 2011-03-09 Did you know that the leading killer in America cardiovascular disease is directly linked to meat consumption Or that you save more water by not eating one pound of beef than you would by not showering for a whole year Diet for a New America simply and eloquently documents these ecological concerns and more as well as the little known horrors that animals experience during factory farming Few of us are aware that the act of eating can be a powerful statement of commitment to our own well being and at the same time to the creation of a healthier world In Diet for a New America you will learn how your food choices can provide ways to enjoy life to the fullest while making it possible that life itself might continue Heeding this message is without a doubt one of the most practical economical and potent things you can do today to heal not only your own life but also the ecosystem on which all life depends Reading this book will change your life

Meat Makes People Powerful Wilson J. Warren, 2018-02-15 From large scale cattle farming to water pollution meat more than any other food has had an enormous impact on our environment Historically Americans have been among the most avid meat eaters in the world but long before that meat was not even considered a key ingredient in most civilizations diets Labor historian Wilson Warren who has studied the meat industry for more than a decade provides this global history of meat to help us understand how it entered the daily diet and at what costs and benefits to society Spanning from the nineteenth century to current and future trends Warren walks us through the economic theory of food the discovery of protein the Japanese eugenics debate around meat and the environmental impact of livestock among other topics Through his comprehensive multifaceted research he provides readers with the political economic social and cultural factors behind meat consumption over the last two centuries With a special focus on East Asia Meat Makes People Powerful reveals how national governments regulated and oversaw meat production helping transform virtually vegetarian cultures into major meat consumers at record speed As more and more Americans pay attention to the sources of the meat they consume Warren s compelling study will help them not only better understand the industry but also make more informed personal choices Providing an international perspective that will appeal to scholars and nutritionists alike this timely examination will forever change the way you see the food on your plate

Nutritionism Gyorgy Scrinis, 2013-06-18 Popularized by Michael Pollan in his best selling In Defense of Food Gyorgy Scrinis s concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food an approach that has dominated nutrition science dietary advice and food marketing Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality such that even highly processed foods may be perceived as healthful depending on their content of good or bad nutrients Investigating the butter versus margarine debate the battle between low fat low carb and other weight loss diets and the food industry s strategic promotion of nutritionally enhanced foods Scrinis reveals the scientific social and economic factors driving our modern fascination with nutrition Scrinis develops an original framework and terminology for analyzing

the characteristics and consequences of nutritionism since the late nineteenth century He begins with the era of quantification in which the idea of protective nutrients caloric reductionism and vitamins curative effects took shape He follows with the era of good and bad nutritionism which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients and concludes with our current era of functional nutritionism in which the focus has shifted to targeted nutrients superfoods and optimal diets Scrinis s research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations Scrinis also offers an alternative paradigm for assessing the healthfulness of foods the food quality paradigm that privileges food production and processing quality cultural traditional knowledge and sensual practical experience and promotes less reductive forms of nutrition research and dietary advice

National Cholesterol Education Program, Planning Workshop for Public Education, April 16-17, 1985, 1985

Medicating Modern America Andrea Tone, Elizabeth Siegel Watkins, 2007-01-08 With Americans paying more than 200 billion each year for prescription pills the pharmaceutical business is the most profitable in the nation The popularity of prescription drugs in recent decades has remade the doctor patient relationship instituting prescription writing and pill taking as an integral part of medical practice and everyday life *Medicating Modern America* examines the meanings behind this pharmaceutical revolution through the interconnected histories of eight of the most influential and important drugs antibiotics mood stabilizers hormone replacement therapy oral contraceptives tranquilizers stimulants statins and Viagra All of these drugs have been popular profitable influential and controversial and the authors take a historical approach to studying their development prescription and consumption This perspective locates the histories of prescription medicines in specific cultural contexts while revealing the extent to which contemporary debates about pharmaceutical drugs echo concerns voiced by Americans in the past Exploring the rich and multi faceted history of pharmaceutical drugs in the United States *Medicating Modern America* unveils the untold stories behind America s pharmaceutical obsession Contributors include Robert Bud Jennifer R Fishman Jeremy A Greene David Healy Suzanne White Junod Ilina Singh Andrea Tone and Elizabeth Siegel Watkins

Jack Sprat's Legacy Patricia Hausman, 1981 Examines the relationship between fat cholesterol and heart disease and provides suggestions for diet modification

Silent Victories John W. Ward, Christian Warren, 2007 Americans health improved dramatically over the twentieth century Public health programs for disease and injury prevention were responsible for much of this advance Over the century America s public health system grew dramatically employing science and political authority in response to an increasing array of health problems As the disease burden of the old scourges of infection perinatal mortality and dietary deficiencies began to lift public health s mandate expanded to take on new health threats such as those resulting from a changing workplace the rise of the automobile and chronic and complex conditions caused by smoking diet

and other lifestyle and environmental factors Public health measures almost always occur on contested ground accordingly controversies and recriminations over past failures often persist In contrast public health s many successes even the imperfect ones become part of the fabric of everyday life a fact already apparent early in the last century when C E A Winslow reminded his peers that the lives saved and healthy years extended were the silent victories of public health In its exploration of ten major public health issues addressed in the 20th century Silent Victories takes a unique approach for each issue leading scientists in the field trace the discoveries practices and programs that reduced morbidity and mortality from disease and injury and an accompanying chapter by a historian or social scientist highlights key moments or conflicts that shaped public health action on that issue The book concludes with a look toward the challenges public health must face in the future Silent Victories reveals the lessons of history in a format designed to appeal to students health professionals and the public seeking to understand how public health advanced the country s health in the 20th century and the challenges to protecting health in the future

Diet for a Small Planet Frances Moore Lappé,1991 Encourages making changes in dietary patterns by explaining the ways in which plant protein compares favorably with meats and providing numerous recipes for inexpensive meatless meals *Diet for a Small Planet (Revised and Updated)* Frances Moore Lappé,2021-09-21 Discover a way of eating that revolutionized the meaning of our food choices and sold more than 3 million copies now in a 50th anniversary edition with a timely introduction plus new and updated plant centered recipes Frances Moore Lapp is one of the few people who can credibly be said to have changed the way we eat and one of an even smaller group to have done it for the better The New York Times In 1971 Diet for a Small Planet broke new ground revealing how our everyday acts are a form of power to create health for ourselves and our planet This extraordinary book first exposed the needless waste built into a meat centered diet Now in a special edition for its 50th anniversary world renowned food expert Frances Moore Lapp goes even deeper showing us how plant centered eating can help restore our damaged ecology address the climate crisis and move us toward real democracy Sharing her personal journey and how this revolutionary book shaped her own life Lapp offers a fascinating philosophy on changing yourself and the world that can start with changing the way we eat This new edition features eighty five updated plant centered recipes including more than a dozen new delights from celebrity chefs including Mark Bittman Padma Lakshmi Alice Waters Jos Andr s Bryant Terry Mollie Katzen and Sean Sherman

Biblical Nutrition Forty Days of Meditations James C. Tibbetts,2015-05-29 This book is laid out to be a 40 day meditation This work is a meditation for people to ponder on the Truths of Scripture as Jesus and Mary meditated on the mysteries of Yahweh This work brings forth biblically based teachings that were alive and strong in biblical times The first 20 meditations are about Biblical Nutrition The last 20 come from the scientific aspects of a plant based diet The evidence from the scriptures the early Church period the Jewish literature the mystics and nutrition indicates that Jesus and Mary were kosher and also that they were vegetarian The author Jim has related books Biblical Fasting Jesus and Mary were Kosher Vegetarians the

Evidence from the Bible the Early Church and Nutrition Juice Fasting and Living Green with Juices Smoothies and Salads which are part of this meditation **Integrated Activism** Alexis Zeigler,2013-08-13 How do peak oil climate change and the limits of growth affect abortion rights income equality and civil liberty In this impassioned treatise author and activist Alexis Zeigler reveals the hidden connections between ecology economics politics and social justice and shows us how to use these connections to effect real long lasting change Most activist movements says Zeigler suffer from a kind of tunnel vision in which the true causes and resulting side effects of the desired change are left unexamined rendering the movements shortsighted and unaware of their own long term fallout We cannot effectively address our problems in isolation or with ecological blinders on Instead we must integrate our activism and ensure that all strategies and actions take into account the historically demonstrated fact that a society s environmental resources ultimately define its level of freedom fairness and financial equity Packed with surprising facts and eye opening arguments Integrated Activism is a must read not only for every serious activist but also for anyone looking for a solid creditable philosophy and approach to building a fairer freer more sustainable future *Prescribing by Numbers* Jeremy A. Greene,2007-02-15 Physician historian Jeremy A Greene examines the mechanisms by which drugs and chronic disease categories define one another within medical research clinical practice and pharmaceutical marketing and he explores how this interaction has profoundly altered the experience politics ethics and economy of health in late twentieth century America At-a-Glance Nutrition Counter Patricia Hausman,1984-08-12 A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living This helpful up to date guide includes all the information you need to determine calories fat content carbohydrate content sodium level fiber amount and vitamin and mineral content for brand name foods fast foods ethnic specialties health foods beverages and much more It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance **Health Education Manual** Wendy Frost Gammons,1983 *The Pig Who Sang to the Moon* Jeffrey Moussaieff Masson,2007-12-18 Jeffrey Moussaieff Masson s groundbreaking bestseller When Elephants Weep was the first book since Darwin s time to explore emotions in the animal kingdom particularly from animals in the wild Now he focuses exclusively on the contained world of the farm animal revealing startling irrefutable evidence that barnyard creatures have feelings too even consciousness Weaving history literature anecdotes scientific studies and Masson s own vivid experiences observing pigs cows sheep goats and chickens over the course of five years this important book at last gives voice meaning and dignity to these gentle beasts that are bred to be milked shorn butchered and eaten Can we ever know what makes an animal happy Many animal behaviorists say no But Jeffrey Masson has a different view An animal is happy if it can live according to its own nature Farm animals suffer greatly in this regard Chickens for instance like to perch in trees at night to avoid predators and to nestle with friends The obvious conclusion They cannot be happy when confined twenty to a cage From field and barn to pen and coop Masson bears witness to the emotions and intelligence of these remarkable farm

animals each unique with distinct qualities Curious intelligent self reliant many will find it hard to believe that these attributes describe a pig In fact there is much that humans share with pigs They dream know their names and can see colors Mother cows mourn the loss of their calves when their babies are taken away to slaughter Given a choice between food that is nutritious or lacking in minerals sheep will select the former balancing their diet and correcting the deficiency Goats display quite a sense of humor dignity and fearlessness Indian goats have been known to kill leopards Chickens are naturally sociable they will gather around a human companion and stand there serenely preening themselves or sit quietly on the ground beside someone they trust For far too long farm animals have been denigrated and treated merely as creatures of instinct rather than as sentient beings Shattering the abhorrent myth of the dumb animal without feelings Jeffrey Masson has written a revolutionary book that is sure to stir human emotions far and wide

How Should Health Claims for Foods be Regulated? John E. Calfee, 1989

Eat to Live Joel Fuhrman, 2011-01-05 Hailed a medical breakthrough by Dr Mehmet Oz Eat to Live offers a highly effective scientifically proven way to lose weight quickly The key to Dr Joel Fuhrman's revolutionary six week plan is simple health nutrients calories When the ratio of nutrients to calories in the food you eat is high you lose weight The more nutrient dense food you eat the less you crave fat sweets and high caloric foods Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life threatening illnesses Dr Fuhrman's nutrient density index up to date scientific research supporting the principles behind Dr Fuhrman's plan new recipes and meal ideas and much more This easy to follow nutritionally sound diet can help anyone shed pounds quickly and keep them off Dr Fuhrman's formula is simple safe and solid Body and Soul

Public Health and the Risk Factor William G. Rothstein, 2003 A risk factor is anything that increases the risk of disease in an individual

Contemporary Authors Hal May, James Lesniak, 1989 This volume of Contemporary Authors R New Revision Series brings you up to date information on approximately 250 writers Editors have scoured dozens of leading journals magazines newspapers and online sources in search of the latest news and criticism Writers appearing in this volume include Elizabeth Bishop Erica Jong Jack Kerouac Roger Zelazny

Coronary Heart Disease Epidemiology Michael Marmot, M. G. Marmot, Paul Elliott, 2005 Coronary heart disease is the leading cause of death worldwide affecting millions of people in both developed and developing countries The dual aims of this book are to review the well established and emerging risk factors in coronary heart disease and to apply this knowledge to public health approaches to disease prevention The book includes authoritative accounts of studies within a single population and international studies important areas of methodological development trials to test preventive strategies and the application of epidemiological and other knowledge to the development of public health policy for the prevention of widespread disease It is an all encompassing work containing contributions from the world authorities in the field The book is divided into four sections The introduction reviews advances in the understanding of and the current status of risk factors for CHD Section 2

looks at recent global trends and emerging patterns of CHD morbidity and mortality in several countries and includes chapters on work done under the auspices of WHO on the global burden of disease in relation to smoking and blood pressure. Section 3 focuses on advances in understanding the aetiology of CHD with each chapter focused on a particular risk factor. Section 4 explores measures of prevention and intervention in terms of public health policy with specific examples from around the world.

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