

Longevity and the Food Pyramid

USDA Pyramid is Based on Invalid Research

“WALTER C. WILLETT, M.D., chairman of the Department of Nutrition at Harvard School of Public Health and a professor of medicine at Harvard Medical School, has spoken out against the USDA Food Guide Pyramid (*Eat, Drink and Be Healthy*, Simon & Schuster, 2001). He ... believes that the creation of the USDA Food Guide Pyramid was motivated more by certain food industries than by valid scientific research. According to Dr. Willett [it is] not backed by valid research,” writes biochemist Mitra Ray, who holds a Ph.D. in cell biology, in her new book *From Here to Longevity* (Shining Star Publishing, 2002).

She cites the work of Dr. Diana Schwarzbein (*The Schwarzbein Principle*, Health Communications Inc., 1999) who said, “[T]elling heart patients to eat by the guidelines of the USDA Food Guide Pyramid has often led to the onset of diabetes. Also, it has exacerbated conditions for anyone already diagnosed with diabetes.”

Ray says, “The recommendation to eat 6-11 servings of breads, cereals, rice and pasta—the bulk of the USDA Food Guide Pyramid—is really a recommendation to eat 6-11 servings of sugar. All carbohydrates get broken down in the body to the simple sugar called ‘glucose,’ whether they started out as pasta, bread, crackers, pretzels, chips, rice or cereal. So, it doesn’t have to taste sweet to be sugar; and too much sugar in the diet leads to insulin-related health challenges, such as diabetes and obesity. This is not surprising when we observe that the proportions of proteins, fats and carbohydrates on the USDA Food Guide

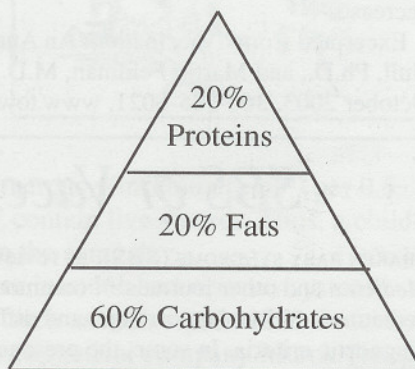
Pyramid are alarmingly similar to the USDA guidelines for fattening cattle and other live stock...”

The USDA Food Guide Pyramid, which, again, is based on invalid science and industry influence, advises using 6-11 servings per day of breads, cereals, rice, and pasta (and what makes the health effects of that amount even more deleterious is that usually consumers are buying inexpensive, processed versions of those foodstuffs, rather than whole grains).

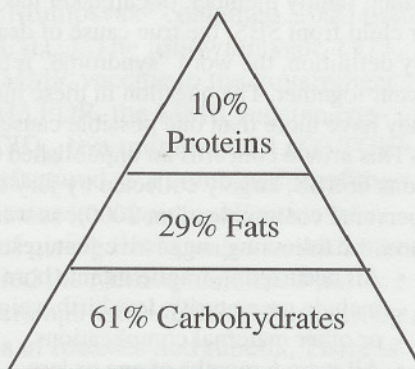
Ray continues: “...If you eat too much [of this] sugar, it secretes the ‘blood

sugar hormone’ insulin in order to try to bring sugar levels back to homeostasis. The bottom line is that [if you] follow...the USDA Food Guide

...The proportions of proteins, fats and carbohydrates on the USDA Food Guide Pyramid are alarmingly similar to the USDA guidelines for fattening cattle and other live stock



USDA Food Guide Pyramid for humans



USDA Food Pyramid for fattening cattle

Pyramid...adherence to [that] diet will lead to an ongoing rise in insulin levels...[and it is] highly detrimental to the body.

THE LONGEVITY PYRAMID

Ray advises switching to the Longevity Food Guide Pyramid. The foods and amounts in that Pyramid, starting at the base, are as follows. *Non-starchy vegetables*: 5-10 serving, 1/2 cup each; *Meat, fish and poultry*: 2-3 servings; *Lentils, beans, raw nuts or seeds*: 1 serving. Next level: *Fruits*, 2-4 servings. Top level (smallest amount): *Whole grains, breads and cereals*, maximum 2 servings.

Mitra Ray’s outstanding book *From Here to Longevity: Your Complete Guide for a Long and Healthy Life* will answer many more salient questions, including those about fine-tuning a nutritional program for each individual.

(Available at Shining Star Publishing, Box 85821, Seattle, WA 85821 and www.fromheretolongevity.com.)