

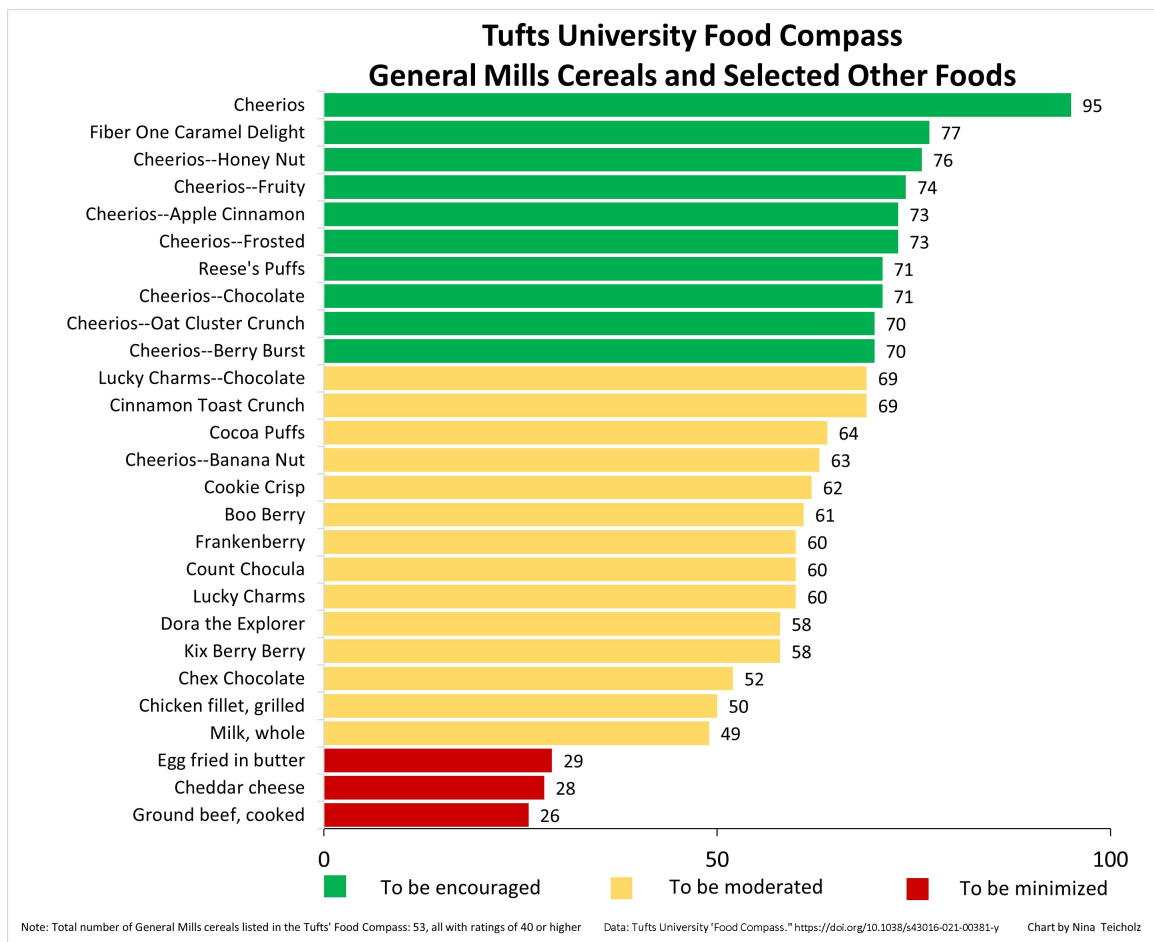
Tweet by Nina Teicholz:

<https://twitter.com/bigfatsurprise/status/1592857687468871681>

Video: New food pyramid is setting up our children for failure

<https://www.foxnews.com/video/6318254019112>

Food chart compiled by Nina Teicholz based on rankings from Tufts University. Note how sugary junk food cereals are ranked higher than beef, eggs, and cheese. Do you think they are following the science?



In this video, Nina Teicholz raises concerns about canola oil:

<https://www.dietdoctor.com/the-myth-of-vegetable-oils>

This experiment on mice links canola oil to Alzheimer's (You need not read it all):

<https://www.sciencedaily.com/releases/2017/12/171207141624.htm>

Video: The safety of using hexane to extract canola oil

<https://www.youtube.com/watch?v=5Fpkwgmmndc&t=3s>

Video: Critique of the food pyramid

<https://www.youtube.com/watch?v=cJsB12WxXXI&t=1s>