

Article:

1. Which industries sponsored the experts who played a role in the 2020 guidelines?
(See “Recent Findings”)
2. During which decade was the “diet-heart hypothesis” introduced? (See “Summary”)
3. Which president first adopted this diet? (p.3)
4. Based on this hypothesis, which fats were considered “unhealthy”? (p. 3)
5. Based on this hypothesis, which fats were considered “good”? (p. 3)
6. When the American Heart Association adopted these guidelines, what was their conflict of interest? (p. 4)
7. What product from Proctor and Gamble was in high demand after these guidelines were published? (p. 4)
8. Which nations were excluded from the “Seven Countries Study”? Why is this a problem? (p. 4)
9. What is problematic about the timing of the dietary sample from Crete? (p. 4)
10. What was revealed during re-analysis of the “Seven Countries Study”? (p. 5)
11. What did the study reveal (or fail to reveal) regarding cholesterol levels in the blood? (p. 6)
12. Why did Franz choose not to publish these new findings? (p. 7)
13. Why did the 2020 DGAG fail to update the dietary guidelines? (p. 10)

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

14. What percentage of the people in the advisory committee have ties to industry?

Tweet by Nina Teicholz

15. What is problematic with the list of sponsors for the American Heart Association?

Video: Critique of the food pyramid

16. How is the “plate” an improvement over the food pyramid?
17. What beverage is recommended in the official version of the plate? Why do you think they included it?

Video: The safety of using hexane to extract canola oil

18. What “misinformation” is addressed by Ms. Zelman?
19. Does Zelman support or reject the “diet-heart” hypothesis?
20. Do Zelman’s views on the diet-heart hypothesis make you more or less confident on the safety of using hexane to extract vegetable oils?