

Dietary Guidelines Advisory Committee Releases Their 2015 Recommendations

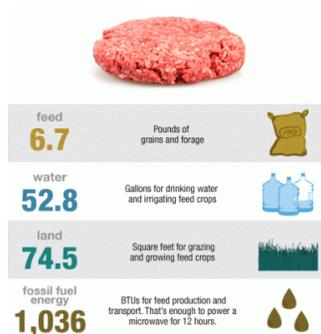
The Good	The Bad
✓ Singles out health value of vegetarian diets.	✓ Neglects important warnings about dietary cholesterol, confusing the public.
✓ Points out risks of "bad" fats.	✓ Recommends seafood, despite contaminants.
✓ Drops "lean" meat from recommended list.	✓ Includes dairy products, despite evidence they do not "build strong bones."
✓ Brings in environmental impact.	

PhysiciansCommittee For Responsible Medicine
PhysiciansCommittee.org

Every five years, the United States Department of Agriculture (USDA) issues dietary guidelines that influence all federal programs, including school lunches, food assistance for low-income families, grants that help low-income pregnant and postpartum women, infants, and children deemed to be at nutritional risk, and nutrition education programs targeting limited-resource adults with young children and limited-resource youth. The USDA is not only our nation's authority on what constitutes healthy eating but also the entity responsible for encouraging, supporting, and expanding the need for our country's agricultural products, both in our country and around the world. Not all agricultural products promote health when consumed, namely meat, fish, seafood, dairy, and eggs. Do you ever wonder how objective they are able to remain with regard to our nutrition guidelines when a big part of their job is to support and expand animal agriculture? Well you wouldn't be the first.

The Committee is recommending some positive changes, albeit not enough given the preponderance of the peer-reviewed, scientific literature which clearly demonstrates the benefits of a low-fat, whole food, plant-based lifestyle and the toll on our health that any products of animal origin and added oils can have.

This is also the first time these guidelines incorporate the health of our planet. Animal agriculture is the leading cause of global warming, water depletion, deforestation, species extinction, and ocean "dead zones". This is the environmental cost of a quarter-pound hamburger:



Unfortunately, the Committee also put the wheels in motion to undo decades of education by suggesting the removal of cholesterol warnings. Their rationale is that saturated fat has a bigger impact on blood cholesterol. However, as Neal Barnard, MD puts it, "Fat and cholesterol are the

Bonnie and Clyde of the culinary world." All animal products contain cholesterol, especially in the lean portions of the meat, however, no plant products contain cholesterol. We have no dietary requirement for cholesterol. Our bodies make all that we need. Cholesterol serves several functions within our bodies. It is used as a structural component for all of our cell walls, it is converted to vitamin D when sunlight hits our skin, and is used to make a number of other hormones. We have a liver with a limited capacity to metabolize cholesterol, unlike carnivores. Only 500 mg of cholesterol can be excreted by our liver each day.

Excess cholesterol, the cholesterol we consume, can detrimentally impact our health in a number of different ways:

- According to The Harvard Nurse's Health Study's Competing Mortality Risks Analysis, consuming the cholesterol in just 1 egg daily can cut a woman's life short by the same amount as smoking 5 cigarettes per day for 15 years.
- Elevated cholesterol is the number one risk factor of our number one killer, heart disease. By fourth grade, 10-13% of U.S. children have high cholesterol, defined as a score of 200 or more.
- Dietary cholesterol is implicated in hypertension, cancer, Alzheimer's Disease, gallstones, declining kidney function, leaky gut, inadequate blood flow, disc degeneration and herniation, lower back pain, sciatica, lower normal sperm count, inflammation, oxidative stress, and platelet hyper-reactivity.

Instead, the Physicians Committee for Responsible Medicine, led by Neal Barnard, MD, once again provides their recommended dietary guidelines for us to follow:

[The Sustainable Power Plate](#)

Sources:

Cancer Survivor's Guide by Neal Barnard, MD

The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds by Rip Esselstyn

[Cowspiracy](#) documentary

<http://www.health.gov/dietaryguidelines/2015-scientific-report/>

<http://pcrm.org/health/diets/pplate/dietary-guidelines-usda-sustainable-power-plate>

http://www.usda.gov/wps/portal/usda/usdahome?navid=MISSION_STATEMENT

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Caldwell B. Esselstyn, Jr., MD's lecture in Cornell University's plant-based nutrition program

The Starch Solution Certification Course by John McDougall, MD

Keeping Healthy Blood audio presentation by John McDougall, MD

McDougall Message: Sunshine and Vitamin D

McDougall's Moments: Gall Bladder Disease

Meat in the Human Diet audio presentation by John McDougall, MD

Back in Circulation: Sciatica and Cholesterol, NutritionFacts.org, 12/5/14

Dairy Estrogen and Male Fertility, NutritionFacts.org, 11/3/14

Inhibiting Platelet Aggregation with Berries, NutritionFacts.org, 8/13/14

From Table to Able: Combating Disabling Diseases with Food, NutritionFacts.org, 8/1/14

How to Treat Multiple Sclerosis with Diet, NutritionFacts.org, 7/22/14

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Cholesterol Feeds Breast Cancer Cells, NutritionFacts.org, 4/25/14
Which Spices Fight Inflammation?, NutritionFacts.org, 1/10/14
Cavities and Coronaries: Our Choice, NutritionFacts.org, 11/27/13
BOLD Indeed: Beef Lowers Cholesterol?, NutritionFacts.org, 10/9/13
The Anti-Wrinkle Diet, NutritionFacts.org, 4/18/13
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