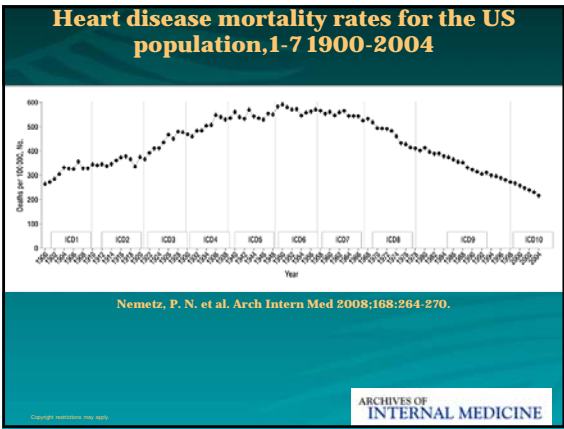
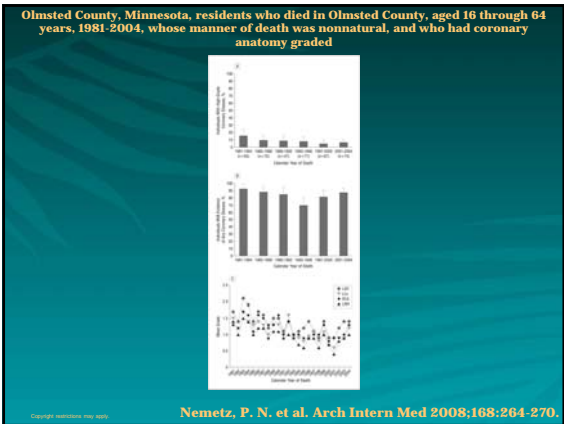
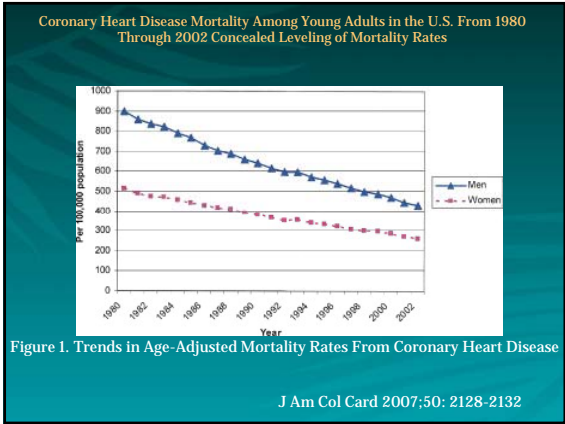


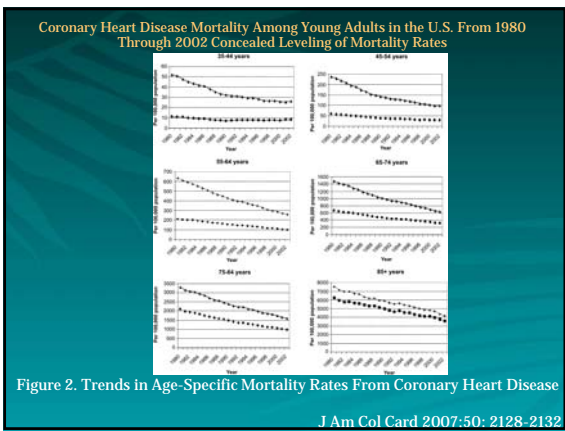
**Collaborating on Elementary
Nutrition Education**

Arthur S. Agatston, MD, FACC
University of Miami Miller School of Medicine;
Agatston Research Foundation
Co-Principal Investigator











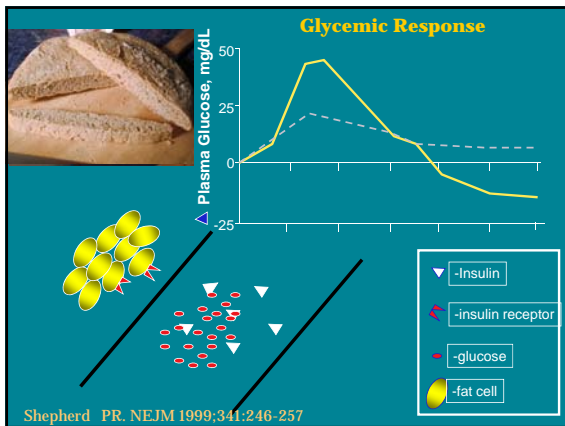
Nutritional Analyses Compared

Hunter-Gatherer Diet	Contemporary Diet
Carbohydrates:	Carbohydrates:
>100 species veggies & fruit	< 10 species veggies & fruit
>100 grams of fiber daily	< 20 grams of fiber daily
>Roots, legumes, berries	▪ sugars, sweeteners, grains
Protein and Fat:	Protein and Fat:
▪ "game meats" –deer, bison	▪ Feedlot cattle & poultry
▪ large amounts of cholesterol	▪ half the % of protein
▪ more omega-3 fatty acids	▪ More omega-6 fatty acids
Vitamins and Minerals	Vitamins and Minerals
▪ much less sodium	▪ much more sodium
▪ Much more potassium	▪ much less potassium
▪ 1.5-5 x levels of vitamins	▪ lost in processing & storage

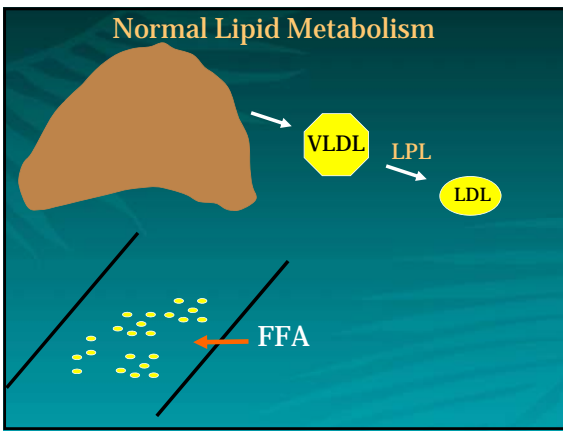
2002 Fred Peshkow MD, FACC

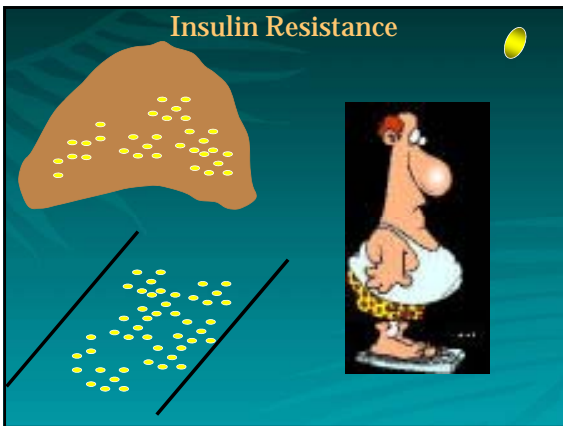
New Nutrition Science

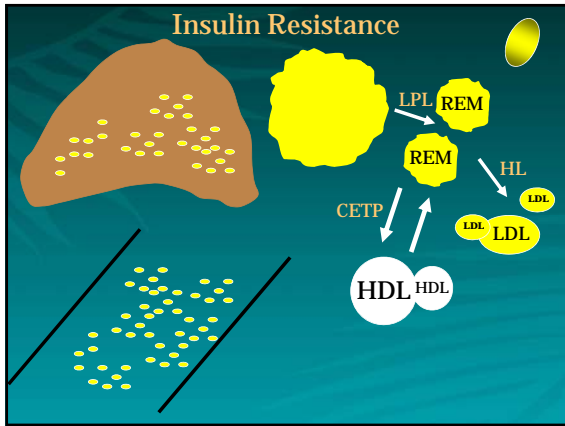
- Fiber
- Glycemic Index
- Metabolic Syndrome
 - Prediabetes
- Good fats
- Bad fats/very bad fats
- Nutrient density of good carbs







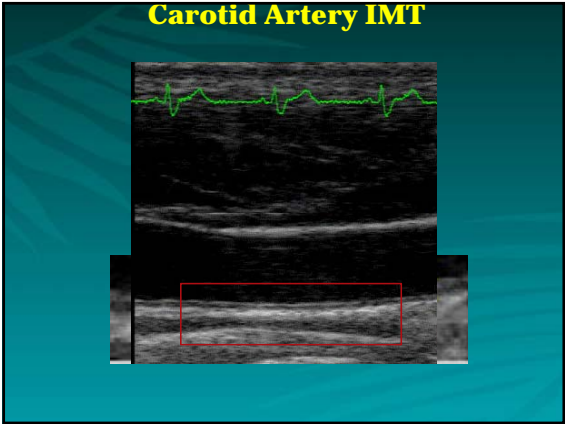


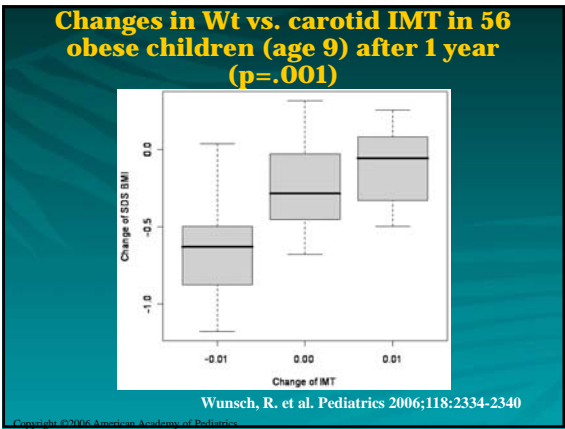




This block contains a collage of news articles from The New York Times, all related to the rising prevalence of diabetes and obesity in different populations.

- Urban Indians Growing Fatter** (November 15, 2004): Discusses the increase in diabetes cases among young and middle-aged Indians in urban areas.
- Obesity Threatens Chinese** (November 16, 2004): Reports on the growing obesity epidemic in China and its link to diabetes.
- Young, Middle-aged Warned Against Diabetes**: Warns that the younger generation must take more responsibility for preventing diabetes through diet and exercise.





37 yo + FH early CAD

Age	TC	LDL	HDL	TG	A1C	CAC
37	216	121	29	331	5.2	0

