

Student Name: _____

Course: _____

Reading Guide for Chapter 5 of Unsafe At Any Meal by Dr. Dufault

Directions: Review all of the questions below. Begin reading Chapter 5 of your book Unsafe at Any Meal: What the FDA Does Not Want You to Know about the Foods You Eat. As you read, answer the questions related to the content found between **pp. 77-92**.

Standard American or Western Diet

1. How can what you eat either help or harm your body? (hint: has to do with genes)

2. The SAD is characterized by eating which of the following:

- a. Refined grains
- b. Refined sugar or sweeteners
- c. Refined oils or fats
- d. All of the above

3. Mexico now has more obese citizens than the United States. Explain why this has occurred.

4. In 2014, the average American ate 46 pounds of high fructose corn syrup each year. True or False

5. Chinese officials are concerned about the rising daily intake or ingestion of _____ among the Chinese.

6. The adoption of the SAD by other countries has led to increases in which of the following health conditions:

- a. obesity
- b. diabetes
- c. vitamin deficiencies
- d. all of the above

7. Explain how obesity is a condition of *transgenerational* malnutrition.

8. The consumption of HFCS can lead to mineral imbalances or losses in human beings.
True or False

9. What is the evidence to suggest that Americans are storing or bio-accumulating inorganic mercury in their blood?

10. Using the following phrases in bold (e.g. HFCS consumption), draw a flow chart or picture showing how diabetes can develop: **HFCS exposure, higher inorganic blood mercury levels, processed food consumption, diabetes, higher fasting glucose levels.**

11. Magnesium deficiency is related to which of the following conditions:

- a. ADHD
- b. heart disease
- c. diabetes
- d. hypertension
- e. all of the above

12. When a person's dietary magnesium intake is low, and they are eating a lot of processed food that contains HFCS, they will become calcium deficient over time. True or False

13. Use the Internet to identify foods high in magnesium. Write your findings here:

14. Certain genes are dependent on calcium to function properly. They are _____ and _____.

15. What does the PON1 gene do for you?

16. What does the BDNF gene do for you?

17. Describe two different ways that calcium deficiency can lead to ADHD?

18. The following foods are high in calcium:

- a. Peppers
- b. Peas
- c. Broccoli
- d. Both b and c

19. What can you eat more of to improve your calcium intake? (Hint: see Table 5.2 in your book.)

20. Lead exposure is associated with ADHD and calcium deficiency. True or False

21. Do a search on the Internet to find out how you can become exposed to lead. What did you find?

22. Hypomethylation is when your body has a shortage of methyl groups. True or False

23. What is a methyl group? (Hint: Refer to Chapter 2 of your book.)

24. Methyl groups are involved in making sure genes are properly regulated so they function correctly. True or False

25. Hypomethylation is associated with which of the following disease conditions:

- a. autism
- b. Alzheimer's disease
- c. diabetes
- d. all of the above

26. The following foods are high in both methyl groups and calcium:

- a. broccoli
- b. salmon
- c. milk
- d. spinach
- e. all of the above

27. From reading Chapter 5 of your book, what can you conclude about the western or SAD diet?
