










The Planetary Health Diet

	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
 Whole grains Rice, wheat, corn and other	232	811
 Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
 Vegetables All vegetables	300 (200-600)	78
 Fruits All fruits	200 (100-300)	126
 Dairy foods Whole milk or equivalents	250 (0-500)	153
 Protein sources		
Beef, lamb and pork	14 (0-28)	30
Chicken and other poultry	29 (0-58)	62
Eggs	13 (0-25)	19
Fish	28 (0-100)	40
 Legumes	75 (0-100)	284
Nuts	50 (0-75)	291
 Added fats		
Unsaturated oils	40 (20-80)	354
Saturated oils	11.8 (0-11.8)	96
 Added sugars		
All sugars	31 (0-31)	120

Diet And Health Report

**C Everett Koop, M.D., SC.D.,C. Everett
Koop**

Diet And Health Report:

The Surgeon General's Report on Nutrition and Health C Everett Koop, M.D., SC.D., C. Everett Koop, 1994-04 The first Surgeon General's report on nutrition and health The main conclusion is that the over consumption of foods high in fats often at the expense of foods high in complex carbohydrates and fiber is a major concern for Americans The report focuses on the relationship of diet to the occurrence of chronic diseases such as cancer diabetes obesity heart disease etc Includes selected events in the history of nutritional science to 1950 selected Federal domestic nutrition policy milestones 1862 1988 Federal dietary recommendations for the general public 1917 1988 and implications for public health policy *National Academy of Sciences' Reports on Diet and Health--are They Credible and Consistent?* United States. General Accounting Office, 1984

The Surgeon General's Report on Nutrition and Health United States. Public Health Service. Office of the Surgeon General, 1988 HE 20 2 N 95 2 sum *The Surgeon General's Report on Nutrition and Health* United States. Public Health Service. Office of the Surgeon General, 1988 Abstract This report from the Surgeon General presents a comprehensive discussion of the relationship between diet and chronic disease The main conclusion is that overconsumption of certain dietary components is now a major concern for Americans The chief issue is the disproportionately large consumption of foods high in fats and the lack of consumption of foods high in complex carbohydrates and fiber vegetables fruits and whole grain products The publication includes an examination of the role of diet in major disease groups a discussion of maternal and child nutrition issues and a review of common dietary fads and frauds Extensive citations and supporting documentation are presented to justify conclusions and recommendations *National Academy of Sciences' Reports on Diet and Health--are They Credible and Consistent?* United States. General Accounting Office, 1984 *Improving America's Diet and Health* Institute of Medicine, Committee on Dietary Guidelines Implementation, 1991-01-01 Written and organized to be accessible to a wide range of readers *Improving America's Diet and Health* explores how Americans can be persuaded to adopt healthier eating habits Moving well beyond the pamphlet and public service announcement approach to dietary change this volume investigates current eating patterns in this country consumers beliefs and attitudes about food and nutrition the theory and practice of promoting healthy behaviors and needs for further research The core of the volume consists of strategies and actions targeted to sectors of society government the private sector the health professions the education community that have special responsibilities for encouraging and enabling consumers to eat better These recommendations form the basis for three principal strategies necessary to further the implementation of dietary recommendations in the United States

Diet and Health National Research Council (U.S.). Committee on Diet and Health, 1989 Abstract This report presents a comprehensive analysis of the scientific literature on diet and the spectrum of major chronic diseases and evaluates the criteria used to assess the strength of the evidence on associations of diet and health The objective of this report is to discuss the role of diet in the etiology and prevention of the major causes of morbidity

and mortality in the U S Dietary guidelines for maintaining health and reducing chronic disease risk are presented *Public health reports* ,1980 Diet, Nutrition, and the Prevention of Chronic Diseases World Health Organization,1990 Winner of the 1993 PEN Book of the Month Club Translation Prize Published in 1776 and considered the first Polish novel ever written The Adventures of Mr Nicholas Wisdom is a picaresque tale following the na ve title character s coming of age Having conquered and fled sophisticated Warsaw Nicholas enjoys many adventures across Europe South America and the high seas He finally lands among the natives of an unknown isle who reject his allegedly superior European ways and instead tutor him for an enlightened existence Resonant with Enlightenment ideas The Adventures of Mr Nicholas Wisdom provides a sly portrait of the era s Polish society and a fascinating perspective on the broader problems of eighteenth century European culture Diet, Nutrition, and the Prevention of Chronic Diseases World Health Organization,2003-04-22 Trends such as shifting dietary patterns and an increasingly sedentary lifestyle combined with smoking and alcohol consumption are major risk factors for noncommunicable chronic diseases such as obesity diabetes cardiovascular diseases such as hypertension and stroke cancer dental diseases and osteoporosis This report reviews the scientific evidence on the effects of diet nutrition and physical activity on chronic diseases and makes recommendations for public health policies and programmes Issues considered include the macro economic implications of public health on agriculture and the global supply and demand for fresh and processed foods **Annual Report of the Chief Medical Officer** Great Britain. Department of Health and Social Security,1922 Food United States. General Accounting Office,1978 Provided are over 500 citations with abstracts of food related documents released by the General Accounting Office Office of Technology Assessment Congressional Budget Office Congressional Reserch Service and Congressional Committees from July 1973 through September 1977 Topics are domestic feeding programs food safety and quality nutrition education nutrition surveillance farm structure food production resources farm marketing and distribution price supports set asides marketing orders target prices food aid and development assistance trade policies and promotion population control internal organization and policies food policy determination procurement and specifications and financial auditing Appended are abstracts of congressional documents on food federal information sources and systems on food recurring reports to the Congress on food federal program evaluations on food and major food legislation Subject agency organization and congressional indexes are included **Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information Center (U.S.),1976 **Annual Report** Council for Agricultural Science and Technology,1987 Nutrition Recommendations Canada. Health and Welfare Canada. Scientific Review Committee,1990 In October 1987 two committees were appointed to jointly review and revise nutrition recommendations This is the report of the Scientific Review Committee and covers the relationship of diet and disease recommended nutrient intakes for energy carbohydrates fibre lipids cholesterol protein fat soluble vitamins water soluble vitamins minerals and electrolytes and water and some non essential dietary components such as alcohol aluminium

aspartame and caffeine Recommendations are given *The Surgeon General's Report on Nutrition and Health, 1988* United States. Public Health Service. Office of the Surgeon General, 1988 *Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population* Department of Health and Human Services, Centers for Disease Control and Prevention, 2014-04-24 The National Report on Biochemical Indicators of Diet and Nutrition in the U S Population is a series of publications that provide ongoing assessment of the U S population s nutritional status by measuring blood or urine concentrations of diet and nutrition biochemical indicators The Centers for Disease Control and Prevention s CDC Division of Laboratory Sciences at the National Center for Environmental Health NCEH DLS conducted the laboratory analyses for 58 biochemical indicators presented in this 2012 report which is the second in this series CDC measured these indicators in specimens from a representative sample of the U S population during all or part of the four year period from 2003 through 2006 Where available data are also presented on changes of biochemical indicator concentrations over time since 1999 Similarly data are also presented on the prevalence of low or high biochemical indicator concentrations during 2003 2006 and on changes in the prevalence over time since 1999 The first report of this series was published in July 2008 and contains information on 27 biochemical indicators from all or part of the four year period from 1999 through 2002 CDC s National Health and Nutrition Examination Survey NHANES conducted by the National Center for Health Statistics NCHS collected the specimens for this report NHANES is a series of surveys designed to collect data on the health and nutritional status of the U S population This report covers biochemical measurements one important facet in the assessment of the U S population s nutritional status Other nutrition related aspects from NHANES such as dietary intake supplement usage hematologic measurements and anthropometric body measurements are not covered In this report a biochemical indicator means a nutrient e g vitamin fatty acid trace element a metabolite e g homocysteine methylmalonic acid or a dietary indicator with potential health relevance e g isoflavone lignan measured in blood or urine Although most biochemical indicators presented in this report enter the human body from foods or supplements the body itself produces some indicators in response to dietary intake or environmental exposure Blood and urine concentrations reflect the amount of nutrients and dietary compounds actually in the body or passing through the body from all these sources This report s primary objective is to inform public health scientists and policy makers about the concentrations of biochemical indicators of diet and nutrition in the general U S population and in selected subpopulations These data will help physicians scientists and public health officials assess inadequate or excess intake and will inform analyses on the relation between biochemical indicators and health outcomes Other objectives and potential public health uses of the information include 1 Establishing and improving on existing population reference levels that can be used to determine whether an individual or a group has an unusually high or low concentration of a diet and nutrition biochemical indicator 2 Determining whether the nutritional status of special population groups such as minorities children women of childbearing age or the elderly is different from that of other groups

or whether such nutritional status needs improvement 3 Tracking trends over time in the population s biochemical indicator concentrations 4 Assessing the effectiveness of public health efforts to improve the diet and nutritional status of the U S population 5 Guide research to perform more in depth analyses of the NHANES data and to generate hypotheses for future nutrition and human health studies **Annual Report of the Chief Medical Officer of the Board of Education ...** Great Britain. Board of Education. Medical Department,1928 Interim Report of the Prison Diets Committee Egypt. Prisons Dept. Prison Diets Committee,1917 Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.),1973

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