Athletics in the Spotlight: Low-Carb vs. High-Carb

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The Best of Past McDougall Newsletters

March 2014: Ronald M. Krauss, MD—The Doctor Who Made Lard-eating Fashionable

Joel Kahn, MD, one of the thought-provoking speakers for our upcoming September 11 to 13, 2015 Advanced Study Weekend, wrote in the *Huffington Post* an article, "The Outrageous Hype Behind Butter Is Back," about the popularity of low-carb diets in media headlines. The researcher credited for bringing high saturated-fat (meat, poultry, dairy, lard, egg) based diets back is Ron Krauss, MD, aka "Dr. Lard. " This is a label that sticks to him like a slab of bacon does to a cold frying pan. Search Ron Krauss, MD on Google and you will find the following newsletter prominently displayed: Page 4

Featured Recipes—by Cathy Fisher

- PANZANELLA SALAD
- BALSAMIC VINAIGRETTE
- MARKETPLACE QUINOA SALAD
- OVER THE RAINBOW SALAD
- POTATO SALAD VERDE
- FRENCH LENTIL SALAD

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Marc Gasol, a 30-year-old professional basketball star for the Memphis Grizzlies, after sitting on the bench for two months, made a major change to a high-carbohydrate, plant-food-based diet. He lost 20 pounds and improved his score at the hoop.

Diametrically opposed and in the low-carb boat is Sami Inkinen, a triathlon competitor. His most recent effort to promote the eating of animals and vegetable oil was to row a specially designed water craft in an event called the "Fat Chance Row" 2,400 miles from San Francisco to Honolulu in a record-breaking time. A valuable outcome of his journey was to reinforce the message to cut simple sugars and highly refined flours; but on the damaging side, eating almost exclusively "food poisons" was a disser-

A Brief History of Carbohydrate Performance

All large populations of trim, healthy, athletic-competing, war-fighting people throughout verifiable human history have obtained the bulk of their calories from high-carbohydrate foods (starches). Examples of thriving populations include the Japanese, Chinese, and other Asians, who eat sweet potatoes, buckwheat, and/or rice; Incas in South America who eat potatoes; Mayans and Aztecs in Central America who eat corn; and Egyptians in the Middle East who eat wheat. Unfortunately, since the global spread of "fossil-fueled" economies beginning in the 1980s, the diets of billions of people have changed to include obesity- and disease-producing amounts of meat, dairy, and vegetable oils.

Today, the running abilities of the Tarahumara people of the Copper Canyon of Northwestern Mexico, and the East Africans from Kenya and Ethiopia provide undeniable evidence that the healthiest diets for human beings are very high in carbohydrates (natural sugars). Members of these communities have exceptional capacities for performance and endurance, which translates into winning.

Historically the Tarahumara are known to run distances of up to 200 miles in a competitive sport of "kickball" races, lasting several days. Honoring their abilities is the 50-mile foot race called "Ultramaraton Caballo Blanco." These men and women are noted for their absence of obesity and diabetes, and their very low levels of cholesterol and blood pressure. Carbohydrates, primarily from corn, beans, and squash, make up almost 80% of their diet, and meat consumption is rare.

The exceptional running abilities of the Tarahumara are not due to a genetic advantage. People from the same ancestral linage, the Pima of Southwestern US, have some of the highest rates of obesity, diabetes, and coronary heart disease in the world as a direct consequence of adopting a diet based on meat, dairy, and junk food less than a century ago.

Runners from Kenya have set astonishing middle- and long-distance running records. Kenyan men have accounted for 40% of the winners in all major international middle- and long-distance running competitions between 1987 and 1997. Like the Tarahumara, they follow a diet of about 80% carbohydrates. The staple of their diet is bread, boiled rice, poached potatoes, boiled porridge, cabbage, kidney beans, and ugali (well-cooked cornmeal molded into balls).

Scientific Research Consistently Favors Carbs

Thorough reviews of the scientific research and position statements from organizations such as the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicines recommend a high intake of carbohydrate-derived calories for athletes. The benefits begin as soon as the carbohydrate substances enter the mouth. Their sweetness stimulates the pleasure and reward centers of the brain. Even sweet tasting mouthwashes translate into a benefit for performance of short durations. In longer duration exercise, greater than two hours, where muscle glycogen stores are stressed, performance is enhanced by consuming sugars in simple (table sugar, fruit, etc.) and complex (beans, corn, potatoes, rice, etc.) forms. Athletes also enhance long-duration performance by using manufactured foods and drinks made of glucose and fructose.

What's the Theory for the Low-Carb Advantage?

Several writers, long associated with the low-carb, Atkins diet movement, stand out as promoters of a high-meat, high-diary diet for athletes as well as for the general population. (Highly visible names include Noakes, Volek, Phinney, and Westman.) The fairy tale served up to gullible competitors is that after a period of time (called "keto-adaptation") the human body adjusts to more fat utilization for fuel, and performance improves. Their "science" is soundly debunked in several reviews: two from a popular website and another from the Sports Dietitians of Australia.

A Life Changer: High-Carb vs. Low-Carb

Athletes, and all others who are considering a low-carbohydrate approach to life, must not overlook the well-established fact that the foods they are choosing (meat, poultry, cheese, seafood, and eggs) dramatically increase the risks of suffering from coronary heart disease, strokes, common cancers, constipation, and obesity. There is the moral issue, too: Livestock is a top contributor and the most controllable variable in global warming and environmental destruction. I (John McDougall, MD) repeat: the most controllable variable.

Fleeting athletic stars make a difference in the diets of millions of people. However, to win the battle for our children's and grandchildren's futures, powerful and visible leaders need to step forward now. If presidents

Obama (US), Putin (Russia), and Modi (India), pope Francis, governor Brown (California), and other world leaders stood up today and told the truth about the consequences of the human diet, the impact, beginning with their words, would favorably alter life on Planet Earth forever.

See my previous review of Athletic Performance and Diet: Building Your Own High-Performance Athletic Body.

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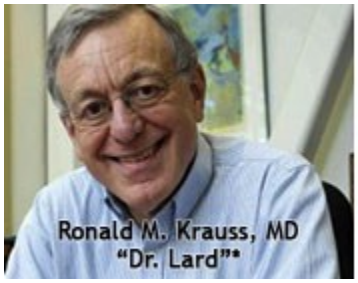
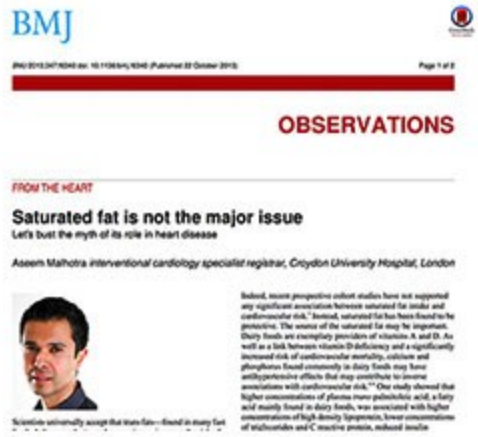


*If I (Dr. John McDougall) were publicly referred to as "Dr. Potato" or "Dr. Vegetable," I would consider this reference to be a compliment. I would not be offended. Such a descriptive title would mean that I have accurately communicated my beliefs about good nutrition. Thus, Dr. Krauss shall be known as "Dr. Lard."

Ronald M. Krauss, MD is a well-publicized author in both the lay press and medical journals. He is a UCSF Adjuvant Professor, Endocrinologist, and the Director of Atherosclerosis Research at Children's Hospital Oakland Research Institute. Dr. Krauss' work has provided one of the most important foundations for popular discussions about how eating meat, dairy, and eggs are not health hazards for people. Even though it may not have been a direct intention of Dr. Krauss, lard is back on the dinner table thanks in part to his publications.

Dr. Krauss has not acted alone in turning nutrition wisdom on its head. Robert Atkins, MD of the Atkins Diet fame, Gary Taubes (science-writer) and best-selling authors William Davis, MD (*Wheat Belly*), and David Perlmutter, MD (*Grain Brain*) have made valuable contributions to this latest trend.

World Changing Headlines:


BMJ

OBSERVATIONS

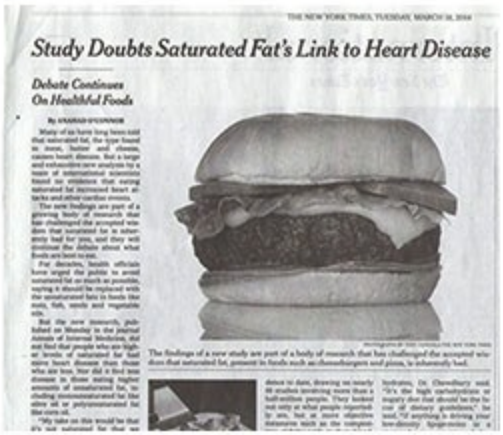
FROM THE HEART

Saturated fat is not the major issue

Let's bust the myth of its role in heart disease

Aseem Malhotra *interventional cardiology specialist registrar, Croydon University Hospital, London*

World-changing headlines followed this October 2013 *British Medical Journal* article


Study Doubts Saturated Fat's Link to Heart Disease

Debate Continues On Healthful Foods

World-changing headlines: March 2014 *New York Times* article

(Saturated fat in everyday terms, in other words the foods on your plate, means beef, pork, lamb, chicken, cheese, milk, lard, and eggs.)

Articles like these that offer "nuggets of proof" that saturated fat-laden foods can be eaten guiltlessly have created a feeding frenzy within the meat, dairy, and egg industries. As a direct result, hundreds of millions of people worldwide—especially those who are looking to "hear good news about their bad habits"—will die of heart disease, diabetes, cancer, and obesity, and if left unchallenged, resulting increases in livestock production will accelerate global warming even faster than the current rate.

The lay press has gone wild with advice to eat more saturated fat. NPR stories question "fat as a villain," and famous food and cooking writers, like Mark Bittman, tell us, "Butter is Back." Even rotund physician Andrew Weil, MD recommends eating lard.

Dr. Krauss, however, has not always been in favor of eating animal flesh and fat. His research in 1986, before he started working for the beef and dairy industries, clearly explains that the high consumption of animal foods and low intake of plant foods promotes atherosclerosis (heart disease and strokes).

Relationship of dietary fat, protein, cholesterol, and fiber intake to atherogenic lipoproteins in men[1–3]

Paul T Williams, PhD, Ronald M Krauss, MD, Stacy Kindel-Joyce, RD, MS, Darlene M Dreon, RD, MS, MPH, Karen M Vranizan, MA, and Peter D Wood, DSc

ABSTRACT Nutritional components (g/1000 kcal) obtained from 3-day diet records are compared to triglyceride, total cholesterol, low-density (LDL), intermediate-density (IDL), and very low-density (VLDL) lipoprotein concentrations of 77 free-living men. Polyunsaturated-fatty acid consumption correlated negatively with concentrations of triglycerides, total cholesterol, LDL- and VLDL-cholesterol, and total-lipoprotein mass of smaller-LDL particles (S_f^0 0–7), IDL (S_f^0 12–20), and VLDL (S_f^0 20–400) in serum and plasma. Animal-protein consumption correlated positively and plant-protein consumption correlated negatively with triglycerides, smaller-LDL mass, VLDL-cholesterol, and VLDL-mass levels. Serum concentrations of smaller-LDL particles were also positively correlated with dietary-cholesterol intake and negatively correlated with crude-fiber consumption. Thus, diet-lipoprotein relationships observed cross-culturally and experimentally are further supported when detailed dietary measurements from 3-day diet records and lipoprotein measurements from repeated blood samplings are correlated in free-living men. *Am J Clin Nutr* 1986;44:788–97.

KEY WORDS Lipoproteins, cholesterol, population studies, diet, animal protein, plant protein

His opinions and writings changed after he started working for the National Cattleman's Beef Association and the National Dairy Council (as early as 1990).

His most famous publication was in March of 2010 in the *American Journal of Clinical Nutrition* (research funded by The National Dairy Council).

Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease[1–5]

Patty W Siri-Tarino, Qi Sun, Frank B Hu, and Ronald M Krauss

ABSTRACT

Background: A reduction in dietary saturated fat has generally been thought to improve cardiovascular health.

Objective: The objective of this meta-analysis was to summarize the evidence related to the association of dietary saturated fat with risk of coronary heart disease (CHD), stroke, and cardiovascular disease (CVD; CHD inclusive of stroke) in prospective epidemiologic studies.

Design: Twenty-one studies identified by searching MEDLINE and EMBASE databases and secondary referencing qualified for inclusion in this study. A random-effects model was used to derive composite relative risk estimates for CHD, stroke, and CVD.

Results: During 5–23 y of follow-up of 347,747 subjects, 11,006 developed CHD or stroke. Intake of saturated fat was not associated with an increased risk of CHD, stroke, or CVD. The pooled relative risk estimates that compared extreme quantiles of saturated fat intake were 1.07 (95% CI: 0.96, 1.19; $P = 0.22$) for CHD, 0.81 (95% CI: 0.62, 1.05; $P = 0.11$) for stroke, and 1.00 (95% CI: 0.89, 1.11; $P = 0.95$) for CVD. Consideration of age, sex, and study quality did not change the results.

Conclusions: A meta-analysis of prospective epidemiologic studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD. More data are needed to elucidate whether CVD risks are likely to be influenced by the specific nutrients used to replace saturated fat. *Am J Clin Nutr* 2010;91:535–46.

fat to saturated fat (P:S), a hypothesis supported by a recent pooling analysis conducted by Jakobsen et al (24).

The goal of this study was to conduct a meta-analysis of well-designed prospective epidemiologic studies to estimate the risk of CHD and stroke and a composite risk score for both CHD and stroke, or total cardiovascular disease (CVD), that was associated with increased dietary intakes of saturated fat. Large prospective cohort studies can provide statistical power to adjust for covariates, thereby enabling the evaluation of the effects of a specific nutrient on disease risk. However, such studies have caveats, including a reliance on nutritional assessment methods whose validity and reliability may vary (25), the assumption that diets remain similar over the long term (26) and variable adjustment for covariates by different investigators. Nonetheless, a summary evaluation of the epidemiologic evidence to date provides important information as to the basis for relating dietary saturated fat to CVD risk.

SUBJECTS AND METHODS

Study selection

Two investigators (QS and PS-T) independently conducted a systematic literature search of the MEDLINE (http://www.ncbi.nlm.nih.gov/pubmed/) and EMBASE (http://www.embase.com) databases through 17 September 2009 by using the following

This paper is the key research that is cited to argue that eating all that saturated fat and cholesterol, along with big doses of people-poisoning environmental chemicals and loads of infection-causing bacteria, parasites, and viruses is good for you and your family.

Unfortunately, the popular press is rarely inclined to publicize the criticism of this original publication by Dr. Krauss and associates. To be specific, I have never read in the *New York Times* or the *Wall Street Journal* any comment on the editorial in this same issue of the *American Journal of Clinical Nutrition* by Jeremiah Stamler, MD criticizing this flawed paper: the exact research that has received so much attention in the lay press.

Editorial

See corresponding articles on pages 502 and 535.

Diet-heart: a problematic revisit[1–3]

Jeremiah Stamler

The diet-heart revisit in this issue of the Journal (1, 2), concerning saturated fatty acids (SFAs) and coronary heart disease (CHD), is problematic in its thrust; it relates to numerous questions as follows, none of which are explicitly spelled out:

1) In univariate analyses of population-based observational data, are there direct relations of dietary SFAs to CHD?
2) In multivariate analyses controlled for possible confounders, are there independent direct relations of dietary SFAs to CHD?
3) Is the SFA-CHD relation similar for "hard" fatal CHD and "soft" total CHD?
4) Do limitations in quality of dietary data in epidemiologic studies on SFA-CHD influence results?
5) What are the findings from randomized controlled trials on SFA-CHD?
6) Is the SFA-CHD relation mainly attributable to adverse SFA influence on serum cholesterol (total cholesterol, LDL cholesterol)?
7) What about possible effects of dietary cholesterol?
8) With lower dietary SFA, which macronutrients are preferable to replace SFA?
9) Are dietary influences on serum lipoprotein particles clear or relevant? Do particle measurements enhance CHD risk assessment independent of serum lipids?
10) Do dietary SFAs or other macronutrients influence metabolic traits other than LDL cholesterol, particularly HDL choles-

(RRs) ranged from 1.22 to 2.77—ie, >1.07, which was the estimated CHD RR in the meta-analysis (2). Do these larger RRs reflect freedom from confounding and overadjustment? Analyses are needed to clarify this; the 2 current articles (1, 2) give no such data.

The meta-analysis (2) states briefly that the Ni-Hon-San Study and the Seven Countries Study found significant cross-population relations between SFA and CHD, as have multiple ecological analyses (3). The authors ignore these findings in their assessments and conclusions.

Regarding item 2, in multivariate analyses the question is: Does SFA relate to CHD independently of multiple covariates (including dietary and serum lipids)? The 2 articles (1, 2) never make this clear. Thus, the Abstract in the meta-analysis simply states, "Intake of saturated fat was not associated with an increased risk of CHD" (2). A precise characterization is as follows: There was a statistically nonsignificant relation of SFA to CHD (RR: 1.07) independent of other dietary lipids, serum lipids, and other covariates.

As to item 3, the meta-analysis did not compare SFA–fatal CHD and SFA–total CHD outcomes (total CHD is undefined). This merits exploration. My calculations, from data for 16 CHD studies (meta-analysis tables), with RRs weighted by person-years of exposure, yielded contrasting CHD risks: for

Nor have I seen any writer or reporter from any newspaper, TV, radio, or website do an in-depth investigative reporting on the criticisms found in not one, but several, letters to the editor that followed in the same journal, *American Journal of Clinical Nutrition*.

An outside observer might think that the press was in cahoots with meat, dairy, and egg industries—but who would ever believe such nonsense? Likely, they are just too busy with stories about movies stars' divorces, etc. to trouble themselves with these multibillion-dollar medical and food problems.

I am not surprised that you are confused when there is so much money available to publicize the meat, dairy, and egg industries' viewpoints: One that also condemns you and your family to poor health and possibility of financial ruin. Maybe a little name-calling and a few facts will challenge the "lard experts" to share a public platform with me. But this is unlikely since ignoring the truth has worked so well and so far.

On a personal note: I am getting so tired from punching them that my arms are weak.

Featured Recipes

SUMMER PICNIC RECIPES

During the summer months it seems I am always looking for substantial salads that can serve as a dinner meal on those hot summer nights, or a delicious dish that can be cooked ahead of time, chilled, and then enjoyed at a later time with friends and family with no more labor involved than getting out some dishes and silverware. All of these are delicious on their own, or serve them over a plate of fresh leafy greens from your garden or local market. For some extra crunch, top with some fresh pea shoots, (usually available in markets or farm stands at this time of year).

PANZANELLA SALAD

Panzanella is another name for bread salad. This is a great way to use up some bread that is a couple of days old and it's fantastic with fresh heirloom tomatoes available all over at this time of year. See hints below to change salad ingredients according to your preferences.

Preparation Time: 20 minutes
Resting Time: 15 minutes
Servings: 4

4 very ripe heirloom tomatoes, chopped
2 small avocados, peeled and chopped
2 cloves fresh garlic, pressed
¼ cup chopped green onions
3 cups cubed fat-free French or Italian style bread (1 or 2 days old)
½ cup fat free Balsamic vinaigrette (see recipe below)
2 tablespoons chopped fresh cilantro or parsley

Place the tomatoes, avocados, garlic, and green onions in a large bowl and mix well. Add bread to the vegetable mixture and toss to mix. Add the dressing and cilantro or parsley and toss again. Let rest for at least 15 minutes before serving to allow dressing to soak into the bread somewhat.

Hints: To make this into a lower fat salad, omit the avocado and use 1 cucumber, seeded and chopped and 1 chopped bell pepper in place of the avocado. Add some shredded fresh basil, if desired.

BALSAMIC VINAIGRETTE

This will keep in the refrigerator for several weeks.

Preparation Time: 10 minutes
Chilling Time: 2 hours
Servings: makes 2 ½ cups

1 cup water
¼ cup balsamic vinegar
¼ cup apple cider vinegar

¼ cup red wine vinegar
¼ cup unseasoned rice vinegar
3-4 gloves garlic
¼ cup ketchup
1 tablespoon Dijon mustard
1-2 tablespoons agave nectar
½ teaspoon xanthan or guar gum

Place all ingredients in a blender jar and process until very smooth and emulsified. Taste for sweetness and add more agave to taste if necessary. Chill in refrigerator for at least 2 hours. Dressing will thicken as it chills.

Hints: Use the best quality vinegars you can find for the best flavored dressing. Xanthan or guar gums are excellent thickeners for oil-free salad dressings because they thicken without heat as the dressing chills in the refrigerator.

MARKETPLACE QUINOA SALAD

Make this with the wide variety of fresh peppers, zucchini and tomatoes available at markets all over the country at this time of year.

Preparation Time: 15 minutes
Cooking Time: 15 minutes
Chilling Time: 2 hours
Servings: 6-8

2 cups water
1 cup quinoa, well rinsed
½ red bell pepper, chopped
½ green bell pepper, chopped
½ yellow bell pepper, chopped
½ orange bell pepper, chopped
1 small zucchini, chopped
2 tomatoes, chopped
1 bunch chopped green onions
1 (14.5 ounce) can garbanzo beans, drained and rinsed
½ cup chopped fresh parsley
¼ cup chopped fresh cilantro
1/8 cup chopped fresh mint
½ cup fresh lemon juice
1 tablespoon soy sauce
several dashes Tabasco sauce
several twists of freshly ground black pepper

Place the water and quinoa in a saucepan, bring to a boil, reduce heat, cover and cook for 15 minutes, until water is absorbed. Remove from heat and set aside.

Meanwhile, combine the vegetables, beans, parsley and mint. Add the cooked quinoa and mix well. Add the

remaining ingredients and toss well to mix.

Cover and refrigerate for at least 2 hours before serving.

OVER THE RAINBOW SALAD

This salad is wonderful to take to a picnic. It keeps well in a cooler and everyone loves it! It is so colorful, tastes so great, and it easy to vary the colors used by whatever your garden is producing or the variety of produce you find at the markets. Add some chopped bell peppers and some chopped summer squash to the mixture to make it even more colorful and delicious.

Preparation Time: 15 minutes (cooked rice needed)

Chilling Time: 2 hours
Servings: 6-8

3 cups cooked brown rice
1 15 ounce can kidney beans, drained and rinsed
1 15 ounce can garbanzo beans, drained and rinsed
1 15 ounce can black beans, drained and rinsed
1 cup frozen corn kernels, thawed (or fresh corn kernels)
1 cup frozen peas, thawed (or fresh peas, shelled)
¼ cup chopped red onion
¼ cup chopped pimiento
2 tablespoons chopped black olives
2 tablespoons chopped fresh cilantro
¾ cup Balsamic vinaigrette (recipe above)
1 tablespoon soy sauce
½ teaspoon Tabasco sauce

Place the rice and beans in a large bowl and combine. Add the corn, peas, onion, pimiento, olives and cilantro. Toss well to mix. Combine the salad dressing, soy sauce and Tabasco in a mixing cup and whisk until smooth. Pour over the salad and mix well. Refrigerate at least 2 hours before serving.

Hints: Many varieties of oil-free salad dressings are available in supermarkets and natural food stores. It is also very simple to make your own salad dressings. Feel free to use whichever dressing you like in this recipe. Taste salad after it has been refrigerated for an hour or so and adjust seasonings as necessary.

POTATO SALAD VERDE

I saw a recipe for a simple green potato salad in a magazine a couple of months ago and the photo was so appealing that I decided to try something similar, without the mayonnaise and sour cream, of course. I make this with only potatoes, but if you like other vegetables in your potato salads, feel free to add chopped vegetables of your choice, such as chopped celery, onions, shredded carrots, etc.

Preparation Time: 20 minutes

Cooking Time: 15 minutes
Chilling Time: 2-4 hours
Servings: 4-8

4 pounds red potatoes

Dressing:
1 12.3 ounce package soft silken tofu
¼ cup water
2 tablespoons white wine vinegar
2 tablespoons lime juice
2 tablespoons tahini
2 tablespoons soy sauce
½ tablespoon miso
1 bunch chopped green onions
1 cup chopped fresh flat leaf parsley
Freshly ground black pepper
One or more dashes of salsa, mild, medium or hot

Potatoes:
Scrub the potatoes but do not peel. Cut into approximately 1 inch chunks. Place in a pot with water to cover. Bring to a boil, reduce heat and cook for about 12 minutes until just tender. Drain. Allow to cool for 15 minutes.

Dressing:
Place the tofu and water in a blender jar and process briefly. Add the remaining ingredients and process until very smooth and green. Set aside.

Salad:
Place the cooled potatoes in a large bowl. Add other chopped vegetables if you wish at this time. Pour 1 ½ cups of the dressing over the potatoes and mix gently. Cover and refrigerate at least 2 hours before serving.

Hints: Reserve the remaining dressing for use later as a dip for raw veggies or a topping for salad greens.

FRENCH LENTIL SALAD

This is great to take on a picnic and every one loves it—even those people who are sure they don't like lentils. It keeps well in a cooler or in the refrigerator. Be sure to make it at least 3 hours before you plan to serve it to allow time for the flavors to blend.

Preparation time: 15 minutes
Cooking Time: 30 minutes
Chilling Time: 3 hours
Servings: 6

1 cup dry brown lentils

4 cups water
1 cup grated carrots
½ cup chopped sweet onion
½ cup chopped fresh parsley
½ teaspoon crushed fresh garlic

2 tablespoons red wine vinegar
1 tablespoon water
1 tablespoon soy sauce
2 teaspoons Dijon mustard
1 teaspoon vegan Worcestershire sauce
½ teaspoon ground oregano
several twists freshly ground pepper

Place the lentils and water in a medium pot. Bring to a boil, reduce heat, cover and cook for about 30 minutes, until tender but still firm. Meanwhile, prepare remaining vegetables. Combine vinegar, water, soy sauce, mustard, Worcestershire sauce, oregano and pepper in a small container and mix well. Set aside.

Drain lentils. Place in a bowl. Add carrot, onion, parsley and garlic. Mix well. Pour dressing over and mix again. Cover and refrigerate for at least 3 hours before serving.