



The Best of Dr. Chet – October 12, 2011

While Paula and I are on vacation, I'm sending you a few of my best columns from years past. Here's your message from October 22, 2007.

Good Food, Bad Food

There's another new book on the market that talks about certain foods being good or bad, and needless to say, I've already been asked about it. While I haven't read it, I did read an article by the same author several years ago, and based on the review of the book, that article must be the basis of the book. Simply stated, his premise is this: refined carbohydrates are the devil, fat intake isn't related to cholesterol levels, and it's really big business and politics that are making us fat.

Baloney. This is just more of the same old story—people trying to make money by telling us what we want to hear. "It's not your fault you're fat. Blame the food manufacturers, the corn and soybean industry, the government"—anyone but the person who picks up the food and puts it in your mouth.

That's not to say that we shouldn't eat fewer refined foods and more unprocessed vegetables, fruits, and grains, which have more vitamins, minerals, and other important nutrients. But even though no one seems to want to believe it, a calorie is a calorie, whether it's in sugar water or a banana. The body really doesn't care. What matters is quantity: eat too much of either, and you're going to be fat.

I'll read the book at some point. (*2011 Update—I read it and I was correct*). But I can tell you right now there are no good foods and bad foods. Period.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC