



STUDY GUIDE

HOW THE GOVERNMENT MADE YOU FAT

KEY TERMS: diabetes saturated fat scientific validity conclusions
evidence food pyramid refined grains

NOTE-TAKING COLUMN: Complete this section <u>during</u> the video. Include definitions and key terms.	CUE COLUMN: Complete this section <u>after</u> the video.
<p>How much does the average American female now weigh?</p> <p>The number of Americans diagnosed with Type 2 diabetes has risen from five million people in 1977 to how many people in 2015?</p> <p>After the food pyramid came out, the consumption of saturated fat decreased by almost 40%- but what happened to the consumption of refined grains (carbohydrates that convert to sugar in the body)?</p>	<p>Why are Americans heavier, on average, than they were 50 years ago?</p> <p>How much should the government be involved in the health of Americans?</p>

DISCUSSION & REVIEW QUESTIONS:

- After describing how Ancel Keyes had supposedly discovered the scientific solution to heart disease through his research, Dr. Scher shares with us that, “There was only one problem. Keyes’ study was bad science. The sample size was so small, the data collection integrity so shoddy, and the life-style variables between the countries he studied so great, that his [keyes’] research had no scientific validity. In other words, he asserted a conclusion he couldn’t prove.” As a researcher, why do you think that Mr. Keyes did not employ a much more rigorous and appropriate standard to his work? Explain. Why do you think that so many people, especially the government, accepted Keyes’ conclusions without corroborating support and valid scientific consensus?
- Later in the video, Dr. Scher notes that, “In 1973 the American Heart Association set the dietary limit on saturated fat at 10%, and in 1977 the US government followed suit. Where did the 10% value come from? It didn’t come from any scientific data. It was merely a government committee’s best guess.” How do you think that the AHA came up with its 10% figure? Why do you think that a government committee would go ahead and actually publish such an important recommendation based on a guess, rather than to wait and to rely on expert opinions of valid scientific data? Explain.
- Having summarized Keyes’ flawed findings and resulting recommendations, Dr. Scher points out that, “To make this [Keyes’ conclusions and recommendations] all easier to understand and to spread the message to schools, ‘The Food Pyramid’ was created. That’s that chart you first saw in third or fourth grade with all the supposedly good foods at the bottom—meaning eat a lot of those, and the bad foods at the top—eat those ones sparingly. What our kids are fed in school, what our military troops are fed on bases, what sick people are fed in hospitals, what crops we plant and how we raise our cattle, are all predicated on this deceptive nutritional concept.” What factors do you think contributed to spreading such egregiously incorrect information and shockingly insufficient scientific data to such a widespread swath of American society? Do you find it alarming that such a deception could become so pervasive as to affect the overall health of such a large nation? Why or why not? Do you think that other supposedly scientific concepts that are widely accepted could also be flawed? Why or why not? What do you think that Americans can do in order to prevent such a grossly irresponsible scheme from being able to affect the country again? Explain.
- Dr. Scher goes on to further explain that, “As Americans ate less saturated fat – margarine instead of butter, processed oils like corn oil instead of olive oil, low fat milk, low fat yogurt and so on – they also started to eat more ‘heart healthy’ grains: exactly what the food pyramid, and the updated version called MyPlate, advises you to do. As the consumption of saturated fat decreased by almost 40%, the consumption of refined grains - carbohydrates that convert to sugar in the body - increased substantially.” Why do you think that the government didn’t apply an equivalent amount of scrutiny towards the other foods on the pyramid, especially the refined grains, before publishing such important guidelines? Why do you think that the food pyramid advocates neglected to educate the public about other nutrition factors, such as portion amounts, that are just as important as what type of food to eat? Explain.
- At the end of the video, Dr. Scher concludes that, “You need to find the best solution for you. And that’s really the point: we need to take responsibility for our own health. If the food pyramid has taught us one thing, it’s this: Don’t rely on the government to take care of

you.” Do you think that the government should be so heavily involved in promoting nutrition science to the general public? Why or why not? Rather than the government, what are some better sources of information regarding nutrition science for people that are interested? Why should you take responsibility for your own health? Explain.

EXTEND THE LEARNING:

CASE STUDY: Healthy Hunger-Free Kids Act

INSTRUCTIONS: Read the articles “1M kids stop school lunch due to Michelle Obama’s standards,” and “Why Have Michelle Obama’s Healthy School Meals Been Junked,” then answer the questions that follow.

- What did the Healthy Hunger-Free Kids Act result from, and who was behind its creation and implementation? Which government agency audited the standards? What did the standards and complicated rules lead to? How many kids stopped buying lunch when the standards went into effect? How many districts left the National School Lunch Program altogether, and why? Why did some school food authorities have to add unhealthy food such as pudding or potato chips to the menu? Why did one school food authority have to serve a cheese stick with shrimp? What was the biggest problem that school officials faced due to unappetizing food? Why did lunchroom costs go up? Who signed a proclamation to begin to undo federal standards that the Obama administration placed on lunches in public schools and return those decisions to local schools? Who did Secretary Perdue get feedback from, and what was his reasoning for making the decision to rollback the federal restrictions on school lunch programs? Who is Daren Bakst, and why did he say that Secretary Perdue’s action is ‘significant for both parents and kids?’ Who is Patricia Montague, and what is her position on Secretary Perdue’s decision?
- Do you agree with the Trump administration’s actions to give back freedom to states, local school districts, and parents to decide how best to serve students in their community? Why or why not? Do you view the Healthy Hunger-Free Kids Act as an overreaction to the problem of Americans gaining weight and suffering from associated health problems, and thus an extension of the massive failure of government to adequately understand and to help solve the problem? Why or why not? Why do you think that Leftists like the Obamas believe that government interference is the best solution to most problems and are so willing to legislate away and to restrict the freedom of Americans in order to impose their righteous agenda on everyone as a thinly veiled ‘solution’ to a problem? Explain.
- Do you take responsibility for your own health? Why or why not?



QUIZ

HOW THE GOVERNMENT MADE YOU FAT

- 1. In 1977 when the government first set dietary guidelines, the average American male weighed 170 pounds. He now weighs _____ pounds.**
 - a. 177
 - b. 187
 - c. 197
 - d. 207

- 2. The number of Americans diagnosed with Type 2 diabetes has risen from five million people in 1977 to how many people in 2015?**
 - a. 15 million
 - b. 20 million
 - c. 25 million
 - d. 30 million

- 3. The 10% figure that the American Heart Association set the dietary limit on saturated fat at didn't come from any scientific data. It was merely a government committee's best guess.**
 - a. True
 - b. False

- 4. _____ is predicated on the deceptive nutritional concept of the food pyramid.**
 - a. What our kids are fed in school
 - b. What our military troops are fed on bases
 - c. What sick people are fed in hospitals
 - d. All of the above.

- 5. Individually and as a society, who needs to take responsibility for our health?**
 - a. The government
 - b. Ourselves
 - c. Scientists
 - d. None of the above.



QUIZ - ANSWER KEY

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<https://www.newsweek.com/why-have-michelle-obamas-healthy-school-meals-been-junked-592938>

Why Have Michelle Obama's Healthy School Meals Been Junked?

Rachel del Guidice
On 5/3/17 at 6:20 AM EDT

Michelle Obama picks vegetables with local elementary school students in the White House Kitchen Garden, Washington, October 6, 2015. Rachel del Guidice writes that Agriculture Secretary Sonny Perdue has signed a proclamation to undo healthy federal school lunch standards the Obama administration placed on lunches in public schools. Joshua Roberts/reuters

Former first lady Michelle Obama's dictates on school lunches were thrown out on Monday by one of President Donald Trump's Cabinet members.

Agriculture Secretary Sonny Perdue signed a proclamation to begin to undo federal standards that the Obama administration placed on lunches in public schools and return those decisions to local schools.

"This announcement is the result of years of feedback from students, schools and food service experts about the challenges they are facing in meeting the final regulations for school meals," Perdue said in prepared remarks. "If kids aren't eating the food and it's ending up in the trash, they aren't getting any nutrition—thus undermining the intent of the program."

The announcement "begins the process of restoring local control of guidelines on whole grains, sodium, and milk," a press release from the Agriculture Department reads.

The standards, implemented in 2012, were crafted with the heavy involvement of Michelle Obama, who made better nutrition and more exercise for children part of her agenda as first lady.

The standards include directives on vastly reducing use of salt, calorie limits, restrictions on meat, prohibitions on the contents of vending machines and increased servings of whole grains, fruits and vegetables, as the New York Post reported.

The standards implemented provisions of a law called the Healthy, Hunger-Free Kids Act of 2010. President Barack Obama's wife also championed the law, Daren Bakst, a research fellow in agricultural policy at The Heritage Foundation, told The Daily Signal in an email.

The 2010 law set calorie limits, stipulated portion sizes and required specific nutrients.

"Michelle [Obama] is a big proponent and defender of the standards," Bakst said.

Perdue, the former governor of Georgia, said in a tweet that the rules have been counterproductive:

Over 1.4 million kids decide against school lunch each day. We've got to make school food both nutritious AND tasty. <http://bit.ly/2qwLxxo>

Perdue "took an important step to making school meals edible again," Bakst told The Daily Signal. "The federal school meal standards implemented by the Obama administration have been a disaster, creating massive plate waste and imposing high costs on schools."

Perdue's action, Bakst said, is significant for both parents and kids.

"This issue isn't about nutrition," Bakst said Monday, adding:

It's about whether one believes the federal government should dictate almost every aspect of what kids eat at schools, or if local communities, with the input of parents, should make these decisions.

Today was certainly a big win for kids across the country, but it was also a big win for those who respect the opinions of parents more than those of federal bureaucrats.

Patricia Montague, CEO of the School Nutrition Association, a national nonprofit with more than 57,000 members that provides meals to students across the nation, praised Perdue's leadership.

"I commend Secretary Perdue for taking this important step," Montague said. "We have been wanting flexibility so that schools can serve meals that are both nutritious and palatable. We don't want kids wasting their meals by throwing them away. Some of our schools are actually using that food waste as compost. That shouldn't be happening."

Rachel del Guidice is a reporter for The Daily Signal.