The recent past has shown an explosion in our understanding and treatment of disease using advanced pharmacology. We wonder at the changes we see taking a few milligrams of medication sometimes even just once a day. Yet multiple times a day we consume life sustaining nutrients without deeper thought on their impact. The consequences to our health are astounding. Today two thirds of Americans are overweight or obese; there is a 90% lifetime incidence of hypertension, and up to 40% of adults have evidence of the metabolic syndrome. Despite recommendations by the National Academy of Sciences over 20 years ago, 60% of medical schools continue to neglect teaching nutrition adequately. In a recent survey, 96% of medical residents did not feel confident that they could provide adequate education to their patients regarding nutrition (J Am Coll Nutr. 2008 Apr;27(2):287-98.).

As society has changed so has our food. The advent of increased industrialization has further separated the majority of the population from the origins of its food. We consume more processed food and have less understanding of where our food comes from. This increase in manufactured foods has contributed to many of the ailments seen in our society today. Trans fats, which do not occur in nature but provide an increased measure of shelf life for products, increase the risk of cardiovascular disease by 40%. Corporations have an incentive to further modify and add value to foods and thus move them ever further away from their unaltered form.

Our aim is to provide information and resources for you to gain a better understanding of whole foods and the building blocks of a healthy diet. We hope that you will gain insight to help you guide your patients and yourselves to healthier eating patterns.

“Remember food is precious.” – Alice Waters