



## **March 10, 2014 Dinner Meeting Recap**

**The Good Carbohydrate: Joanne L. Slavin, PhD, RD. Department of Food Science and Nutrition, University of Minnesota**

On Monday night of March 10 we had the an excellent opportunity to listen to Dr. Joanne Slavin of the University of Minnesota speak on, The Good Carbohydrate, where we had a nice attendance of 110 people. There was a lot of energy and good discussions by those that attended.

The dinner meeting was held at Rosewood Restaurant in Rosemont, IL., which was a nice venue. Dr. Slavin gave interesting presentation which was followed by yet another excellent question and answer session. These question and answer sessions at our dinner meetings have become very interesting as we have had outstanding questions to challenge our expert speakers!

From the start, Dr. Slavin displayed as much humor as knowledge of the subjects. She began with an overview on the history of nutritional guidelines, to first establish that humans are omnivores, like pigs, are adaptable to a wide range of foods. The implication being, there is an element of truth if a person declared another person to be eat like a pig...

The talk was timely. In September of 2013, the book "Grain Brain" by David Perlmutter, MD was published where this text was highly critical of carbohydrates, and specifically sugars, in the human diet. The impact of this text, along with "Wheat Belly" by William Davis, MD, published in 2011 has led the consumer to believe that sugars and carbohydrates are bad for the diet, which has had a big impact on the food industry where consumers wish to eliminate consumption of carbohydrates.

Dr. Slavin pointed out that over time, humans have survived and prospered on all kinds of diets, mostly reflecting access to food supply. For example, the traditional Arctic diet would consist of 80% of kcals from fat whereas the traditional African diet would consist of 80% of kcals from carbohydrates.

Interesting to note, is that carbohydrates are the fill after protein needs are met – high-calorie diets should be high in carbohydrates, for example in sports nutrition. Studies show that added sugar – 25% or less of calories – based on nutrient dilution, is not linked to a negative health status. Dr. Slavin stated that in her opinion what was published in 1894 by Dr. Atwater remains true today: the specified amount of protein and total calories is key to a good diet, and is unspecified of the division of calories between fats and carbohydrates.

It was interesting to understand the role of dairy foods in the dietary guidelines established by the US government. Many people tend to have an anecdotal belief that dairy is included in the US food guidelines as result of the successful lobbying efforts of politicians; however this is simply not true. The



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principle reason why dairy is included is that it is the only practical source of calcium for the typical human diet. The only other practical source is through dietary supplements.

Other subjects covered by Dr. Slavin included the history of Dietary Guidelines for Americans, Foods and Food Components to Reduce in a healthy diet, an overview of whole foods, ASN Scientific Statement, DGAC Carbohydrate chapter summary where a diet high in carbohydrates is healthy, Nutritional Evidence Library (NEL), NEL website and NEL Process

I look forward to seeing everyone at the April dinner meeting!

### **March Event**

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#### **Update on the Food Safety & Modernization Act**

*Speaker: Scott MacIntire, District Director of the US Food and Drug Administration's Chicago District Office*

Date: Tuesday, April 8, 2014

**Location: Waterford Banquets, 933 S Riverside Dr., Elmhurst, IL 60126**

**(630) 279-0270.**

**[www.waterfordbanquet.com](http://www.waterfordbanquet.com)**

*John Budin*

*Program Committee Chair, and Chair Elect CSIFT  
13-March-2014*