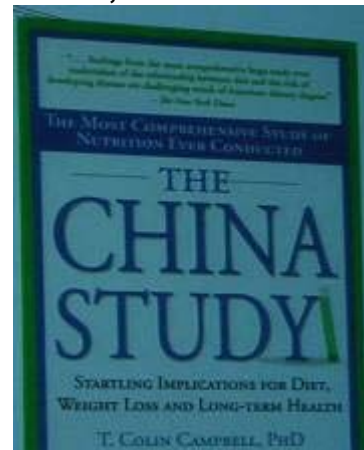




## What Exactly Is In The Foods We Eat? Over 6200 Foods In A Searchable Database!

**W**e have been working with material in a new book called *The China Study*, considered by many as the most comprehensive nutritional study ever done. We recently partnered with the Buck Institute for Age Research to present these new findings to the public entitled, *Nutrition and Longevity: The Latest Word*. We wanted to recap the message for you, and offer a free tool to help with these new findings.

### T. Colin Campbell, author of *The China Study* speaks at the Buck Institute for Age Research in Novato, California



**W**e highly recommend the book, *The China Study*, which is a compilation of research studies conducted over the last 3 decades suggesting a strong correlation between the consumption of animal protein and "diseases of affluence" such as heart disease, diabetes, cancer and obesity to name a few. Another book that demonstrates compelling environmental and economic research surrounding the topic of what we should eat is called *The Omnivore's Dilemma*, by Michael Pollan. The information in these two books could seriously change the way we eat.

**T**o assist you in learning more about the link between our foods, our health and our environment, we recommend the following web site. Did you know that lettuce has protein in it? Mushrooms that are 94% water also contain protein.

Find out how many grams of protein, fiber, and fat are in the foods we eat, along with the full vitamin and mineral profiles. This database contains information from the U.S. Department of Agriculture and the Agricultural Research Service. We wanted you to know how easy it is to use this search tool available on <http://www.bodybuilding.com/fun/nutrient.htm>.

# Food Nutrient Database

Click the Name to View Food Protein and Fiber Count



[Dairy And Egg Products](#)



[Beef Products](#)



[Spices and Herbs](#)



[Beverages](#)



[Baby Foods](#)



[Finfish and Shellfish Products](#)



[Fats and Oils](#)



[Legumes and Legume Products](#)



[Poultry Products](#)



[Lamb, Veal, and Game Products](#)



[Soups, Sauces, and Gravies](#)



[Baked Products](#)



[Sausages and Luncheon Meats](#)



[Sweets](#)



[Breakfast Cereals](#)



[Cereal Grains and Pasta](#)



[Fruits and Fruit Juices](#)



[Fast Foods](#)



[Pork Products](#)



[Meals, Entrees, and Sidedishes](#)



[Nut and Seed Products](#)



[Snacks](#)



[Vegetables and Vegetable Products](#)

## **Lifestyle Disease Deaths May Double by 2015, World Health Organization Warns**

SEOUL (AFP) - World deaths from "lifestyle" diseases will double by 2015 unless all-out efforts are taken to combat them, the World Health Organization (WHO) warned Friday, September 14, 2007.

It said about 17 million people die prematurely each year as a result of the global epidemic of largely preventable chronic diseases -- the leading cause of death in the world today.

High on the list are cardiovascular diseases -- mainly heart disease and stroke -- cancer, chronic respiratory diseases, diabetes and obesity.

"Unless national interventions are urgently taken to reduce the prevalence of chronic diseases, 36 million people will die of these diseases by 2015, nearly half of them before they turn 70," said Shigeru Omi, director of the WHO regional committee for the Western Pacific.

The committee Friday was winding up a five-day meeting in the southern South Korean island of Jeju.

In 2005 the WHO set a global goal of reducing the projected trend of chronic disease death rates by two percent each year until 2015.