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Why is it allowed to eat (almost) everything? Prof. Marion Nessel explains

Is white sugar really a poison, why does everyone say you should stop eating carbs and what is the food that should be taken off the menu? Prof. Marion Nessel, a nutritionist, has long been answering questions in a field that has become confusing and complex with many recommendations and studies. Now she is also doing so in the book *Let's Ask Marion*

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Revital Federbusch Posted: 23.12.20 | 09:58

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No matter how many nutrition books are published in the world, it seems that only Prof. Marion Nassel of New York University has a glorious professional reputation enough for her answers to be considered the end of a verse. This is exactly what Carrie Truman, a well-known American lawyer and environmental activist, thought, who used to ask Prof. Nessel complex nutritional questions. And Prof. Nessel answered, as usual, unequivocal answers with no interests and foreign considerations that have characterized her work .for decades

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Prof. Nassel gained her status as the most respected and senior nutritionist in the world thanks to numerous studies, many years of work at New York University and the publication of groundbreaking books in the field of nutrition that have been translated into dozens of languages, including Hebrew. The great credit she receives to the general public can be attributed to her war against the politics of the food industry and the deceptions she produces in everything related to nutrition, as well as to the vast knowledge she has thanks to her extensive education (her doctorate dealt with molecular biology). All of these have made her a .nutritionist that everyone wants to hear her opinion

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(Prof. Marion Nessler. Magnificent reputation (Photo: PR

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Truman posted Prof. Nessel's answers on her blog, named after her, Kerry Trueman, and as the number of questions increased and became very popular, Truman turned the answers into a corner called Let's Ask Marion. Recently, the two combined the questions (and answers) in a new book named after the corner. The book, published by the University of California, was a bestseller in the United States immediately upon its .release

The first and most intriguing question posed to Prof. Nessel is her own diet. After all the research and extensive knowledge you have gained, she was asked, what do you believe in yourself? what are you eating? In this book, Prof. Nessel tells for the first time that she eats everything except unnatural and processed foods. According to her, a few years ago she decided not to put in her body foods that contain unknown ingredients. What are unknown components? Ones that are not in her kitchen. The rule is simple: if the list of ingredients on the label of a particular product indicates ingredients such as maltodextrin, flavorings and the like, it does not buy it. Besides, she eats little meat, but believes that it is worth investing in meat and dairy products and eggs from animals that have grown freely and are fed a plant-based diet. She is very fond of carbohydrates, and yes, she also eats incomplete grains and white sugar because she does not think it is . "poisonous" and believes that the enjoyment of food is very important

Regarding white sugar, she says she is acting in accordance with the World Health Organization's recommendation that simple sugar can be eaten up to 10% of the daily caloric intake (about 2,000 calories a day), which is 50 grams of sugar (a quarter cup or 12 teaspoons) - quite a bit at all. She enjoys and loves to eat ice cream but prefers one that is unprocessed and contains unidentified ingredients. She also does not invest in or believe in any "superfood", such as pink salt from the Himalayas for example, because in her

opinion even if it has slightly more minerals than regular salt, it is such a tiny amount that has no health significance and therefore it is not worth the investment Mercury. What else can we learn from her? Here .are some questions and answers from the new book



(White sugar. Up to 10 percent of your daily calorie intake (Photo: Shutterstock

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Why do dietary recommendations change all the time and contradict each other so that most people ?are not clear whether it is healthy for them to eat eggs, milk or meat

Dietary studies are difficult to perform. When comparing different populations it is very difficult to determine whether eating the eggs caused an increase in cholesterol or other factors, such as stress, inactivity, other foods or genetic predisposition. Food for his health or his risk of developing diseases. And to .complicate the picture even further, there is the politics of food

When scientists identify a link between high cholesterol and the risk of developing heart disease, they" recommend limiting eating the same food, but the industry organization of the same product does not like the recommendation because it hurts sales, so it is publishing a new study that will cast doubt on the previous determination. There is no connection between eating the product and heart disease - and even those that have a connection. All this does not mean that all studies are funded and biased and unreliable. But because, as mentioned, nutritional research is very complex to perform and people want a black and .white answer and researchers are human

So too has an absurd situation created that people believe in celebrities who market dubious nutrition" methods or industries that fund research with results they want more than they believe in nutritionists and scientists. My recommendation is this: any scientist and nutritionist with critical thinking and ability to read research will say Experts who recommend avoiding a particular food, or claiming that one food or one method or one supplement is the solution to your health problems - and no matter who this advice comes : .from - require critical thinking. It is very worthwhile to look critically at this type of eating method

A method that recommends a particular food. This is about marketing the product and not science. The .reason manufacturers fund scientific research is that it helps them sell their products

A method that claims "absolute truth." The science of nutrition is very complex and it is difficult to arrive .2
.at an absolute truth. One should suspect methods that claim such truth

A claim that a certain food is a super-food and will be able to cure and protect against diseases, such as .3
.diabetes, heart disease or Alzheimer's. Claims of this kind should raise doubts

A method marketed as a "breakthrough." This is not the way science works. The science of nutrition is .4
.built on previous research and progress

A claim that "everything we have known to date about nutrition is a mistake." Science does not work this .5
way. Even if a particular dietary recommendation has changed, that does not mean that everything we have
known so far is a mistake. Avoiding a group of foods, such as carbohydrates for example, is not new
knowledge or a new invention. This is just a different method of reducing calories. The calories we eat come
from several sources: carbohydrates, proteins and fats. If we reduce an entire group, we will eat less. But
such methods can cause nutritional deficiencies. For example, animal products are the main source of
".vitamin B12 in our diet



(The body needs carbohydrates, but not processed foods (Photo: Shutterstock

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One of the most popular diet methods today is low carb diets. Many people say that this is the most effective way to lose weight, and some claim that carbohydrates are not healthy for us at all because they raise the level of insulin and blood sugar and increase the risk of developing diabetes. Is all this

?true? Are carbs really not healthy for us

Many people tell me how successful carb-free diets are and how much they accelerate weight loss. I have a friend who explained to me how avoiding cereals caused her stomach to disappear, fatigue to disappear and other side effects she suffered from. Many ask me: 'Do people with high blood sugar. Relatively worthwhile to avoid carbs? I read that our body turns carbs into sugar. 'Others ask me:' Instead of carbs I eat fat and protein, but this does not seem to me a healthy way. But extreme opponents of carbs claim we should not eat them, so what's right? '. Even people who have actually developed carb phobia - carb .anxiety

My answer to all these questions is that I must admit that my personal diet includes carbohydrates - as simple as sugar, both intact grains and complex as whole grains. I do not think I have ever encountered a carbohydrate that I did not like. But every time I write or say I eat Carbohydrates, I am accused of poisoning the public, because many people today are absolutely sure that sugar is poison, that starches are poison because they turn sugar into the body, so avoiding carbohydrates is the best - if not the only - way to avoid all the health problems you have and ward them off. Strongly opposed to sugar, they insist, so I'm part of a scientific conspiracy of economic interest that has led many people to mistakenly believe in low - fat diets. .But the truth is that carbohydrates are not toxins

I guess the reason the debate over carbs versus fats is so significant and intense is because of the chemical and metabolic complexity. A small amount of sugar is naturally present in fruits, dairy products and certain vegetables. The sugar that worries nutritionists like me is simple sugar, which is added to food. These are

empty calories. Most people eat too much of these sugars, and it would have been better to reduce the amount, especially when it comes to sugary drinks. But less does not mean avoiding completely. The main .source of carbohydrates is starchy grains - wheat, rice, corn. Eat carbs like wheat and rice every day

Fat is not a poison either. Our body needs fat, like omega-3 and omega-6 fatty acids. Fat of any kind is very" rich in calories, 9 calories per gram. More than double compared to carbohydrates and proteins, which contain 4 calories per gram. For this reason, fat is fattening. Saturated fat raises the level of cholesterol in the blood.In animal fat there is more saturated fat compared to vegetable fat.But it is very difficult for me to think about my diet without fat or carbohydrates.I do not know people who eat fat or sugar or butter directly.The concern is from the processing of foods that contain These ingredients and the amount of calories they contain.Unprocessed foods contain nutrients that we need, including dietary fiber that helps our intestinal flora.The fruit juices are unusual because they are not very processed but cause overeating.We have no problem eating one apple or orange, But it's hard to believe that a person can eat five apples or oranges at once.When it comes as a juice, we have no problem drinking a glass that contains a .caloric amount of 5-6 apples or oranges

People who go on low-carb diets claim it helps them maintain a low weight, and I believe them. They" consume fewer calories, especially if they avoid compensating themselves with high-fat foods. It's hard to argue with such results, and I will not argue. Regarding type 2 diabetes. One of the risk factors is overweight. Diabetes is a problem of eating excess calories and not a problem of carbohydrates. If we think about it, the foods that contain the most calories are those that include both carbohydrates and fat, such as chips or cakes and ice cream. Resist foods that contain both fat and carbohydrates.I personally am not able to eat a .single French fries so I try to avoid this food

People who believe in a high-fat diet believe that science is against them. But that's not the truth. If we refrain from eating carbs, we will have only two sources of calories: protein and fat. Limiting a major source of calories like carbs reduces variety considerably so we eat less. In short, low in carbs Or low in fat? I do not think it matters. What matters is the amount of calories and how processed the food is. Ultra-processed foods tend to be rich in sugar, processed starches and fats and therefore in calories. It is easy for us to eat too much of them. And the health risks increase. If a break from eating carbs makes you eat less, go for it. I personally prefer a diet without restrictions, also because I think a break from eating carbs makes food less enjoyable. I am in favor of eating everything, but in the right amount of course



(Encouraging Meat Eating - Politics " (Photo: Shutterstock "

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Regarding eating a lot of protein and meat - many studies have found that foods containing saturated animal fat raise blood cholesterol levels and the risk of heart disease. I see encouraging meat eating as a policy. Meat industry lobbyists are trying to create meat eating habits. Today the meat industry is cooperating with "A diet low in carbohydrates and rich in meat. I think people should eat less meat

?Why do we eat too much? Can food be addictive

Neurology experts say food stimulates pleasure-related areas of the brain such as drugs, cigarettes and alcohol. I feel uncomfortable with the word 'addiction' in this context. Food makes us happy, we can not live without food. There is no doubt that food companies do everything to make the public Eat more food that is ultra-processed, because it is the food that brings them the biggest profits. The more ultra-processed food we eat, the more their profits will increase. Is it not ethical? Not today. "That's money, or that politics will intervene for public health. I believe that we need to work for the public and make unprocessed and healthy food the cheapest and most accessible for public health

?Is it worth eating vegetarian meat? Is it healthy for us

One of the most important dietary recommendations is to eat less meat. Although it is impossible to ignore the fact that meat contains essential and important nutrients, most of us prefer to eat less meat. We all need to think about our health and the environment and animals - their growing conditions affect health. Man. Meat has unhealthy ingredients for man and the environment. So vegetable meat can be a great solution for eating meat. I myself eat meat but not much. Many of my meals contain only vegetables, and I

do not feel I lack meat. One of my principles in nutrition is not to eat Nothing artificial. I have a problem with eating something that is not real, Fake, but people who choose to be vegan for ethical reasons often tell me .that they miss the taste of a hamburger

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Vegetarians and vegans highly value it, and it is understandable. I believe that the meat substitutes are here
".to stay, at least for those who have the financial means to pay for them"




(Superfoods and supplements are marketing and not science" (Photo: Shutterstock"

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Should we use supplements and superfoods? Today there are natural remedies for every condition, from depression, through menopause, sleep problems to general health improvement. Is it worth paying more for omega-3 fortified foods or for other antioxidant-enriched foods

And these do not show high efficiency. Some people claim that supplements make them feel better, which is .fine of course, but it's not science

Some people ask me, 'And if the dietary supplement makes a person feel better because of the placebo" effect, is it bad?'. Indeed, most supplements are less harmful or less harmful than drugs. I do not know if the manufacturers of the supplements are cynical about the human nature that believes in healing. Natural. This industry uses every way to make people believe that taking the supplements will improve their lives. The food industry also advertises products that are healthy for us. Does anyone believe that if he eats certain breakfast cereals his heart health will improve? Yes probably. Pomegranate juice will prevent Alzheimer's. A microscope of minerals in salt will make it healthier? When I see studies on the wonders of a particular fruit, like mango or any other fruit, or on the health benefits of cashews or walnuts, I can understand that some industry has paid for this research. And superfoods are marketing, not science. Are cereals, vegetables, fruits, nuts healthy for us? But what is important is not the benefits of one item or " .another, but eating a varied diet, and of course not forgetting to enjoy it



I FT'S ASK

MARION

**WHAT YOU NEED TO KNOW
ABOUT THE POLITICS OF FOOD,
NUTRITION, AND HEALTH**

MARION NESTLE



in conversation with

Kerry Trueman

Nessl's book

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?Does obesity depend on willpower

Many people mistakenly believe that calories are not important, that if they eat according to one method or" another they will be able to lose weight regardless of calories. But it is very important to understand that calories are important. If we eat more calories than our body needs - we gain weight faster. , Probably because of a certain genetics or perhaps because of their gut bacteria. But regardless of all these, those who .consume too many calories, gain weight

The real problem is that people now eat more calories than before. Genetics have not changed and neither" has food choice. What has changed is the eating environment and the way we choose our food. Food has become accessible and available to everyone anywhere and anytime and in much larger quantities than before. It took place in the early 1980s, when food became very cheap, and many restaurants and factories began to increase the number of dishes. People like large portions because they give them a sense that they are getting their money's worth. But the health price is very heavy. Lisa Young found the average cream cheese served in a restaurant 30 years ago was 70 grams. Today it is 190 grams - more than double. The average hamburger in a restaurant weighs 120 grams. Today the average hamburger weighs 300 grams - more than double. So weight gain is also an issue. "It is difficult to meet the quantities submitted, and the ".quantity that seems reasonable to us today is actually twice as much as we need

the end to the beginning

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