

Geoff Bond

Subject: MyPlate

To: The New York Times
From: Dr Rita Stec
June 6 2011

I can't help but wonder whose pockets in Washington got lined this time.

Every scientist who has studied even the most basic principles of human nutrition knows that grains are starch. Everything made from grains, including whole grains, is starch. Within minutes of eating any form of starch, it is degraded to sugar, quickly enters the bloodstream, and stimulates insulin release. So now we have the perfect set-up for insulin resistance, obesity, type 2 diabetes, heart attacks, strokes, cancers and chronic degenerative diseases.

Ideally, grain products should be completely eliminated from our diets, especially for those who are over-fat and/or have diabetes. At least 75% of our daily food intake should be fruits and vegetables. To suggest that grains should be 25% of a well-balanced diet for a population that is already over-fat and under-active is guaranteeing further increases in our nation's obesity and all the negative health consequences thereof.

Sincerely,

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