

# Escape from the western diet – college



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These factors include scientists with their theories of nutritionist, the DOD industry supporting the theories by making products, and the health industry making medication to support those same theories. Overall, Pollen feels that in order to escape this diet, people need to get the idea of it out of their heads. In turn he provides his own rules for escaping the western diet as well as the idea of nutritionist set forth by scientists.

Pollen explains that scientific theories of nutritionist focus on individual nutrients rather than foods as a whole (Pollen, 434).

He further goes on to refute this claim mentioning that these scientific theories contradict with one another. Pollen explains “ the scientists who blame our health problems on deficiencies of [microinstructions] are not the same scientists who see a sugar soaked diet leading to metabolic syndrome and from there to diabetes, heart 435).

On one hand there are scientists who blame health problems on a lack of nutrients, and on the other hand there are scientists who blame those health problems on a sugar soaked diet. By stating these theories, Pollen tries to get his point across that they all have the same hint in common; these theories are mere explanations to western diseases. In Pollen’s view, “ scientists can argue all they want about the mechanisms behind this phenomenon, but whichever it is, the solution would appear to remain very much the same: Stop eating a Western diet” (Pollen, 435).

In other words, no matter what reason scientists have for the causes of western diseases, the common factor among them is the western diet, and that should be the basis for solution.

In addition to bringing to light these contradicting scientific theories, Pollen goes rather to include how these theories benefit the food industry as well as the health industry. Pollen observes “for the medical community too scientific theories about diet nourish business...

...Ewe theories beget new drugs... And new diets organized around each new theorist elevation of one class of nutrient and demotion of another” (Pollen, 436).

Basically, Pollen is informing that the health industry wants to profit off the theories declared by making drugs in regards to the nutrients cut down on. Similarly, Pollen notes the food industry comes out with a new line of products to attach with the new theories made for the western diet.

He reminds the reader to escape the western diet even though it will be hard because these industries only seek to profit rather than change the way people eat for the better (Pollen, 436). To address what distinguishes the food of a western diet, Pollen compares whole foods and processed foods.

He quotes Groggy Scrolls and concludes to himself “Instead of worrying about nutrients, we should simply avoid any food that has been processed to such an extent that it is more the product of industry than nature (Pollen, 438).

Pollen agrees with Crisis for avoiding processed foods, but he processes. Again Pollen reminds the reader that escaping the western diet will not be simple, yet he is convinced it is possible and he offers his developed solutions for it (Pollen, 438). Pollen encourages Americans “eat food. Not too much.

Mostly plants” (Pollen, 440). His three rules emphasize eating food that is in fact real food, eating in a manner that presents a positive culture, and eating plants which Pollen considers the best types of food a person can eat.