

Denis E. Corpet, 2006

Finally & simply, What shall we eat?

Here are few simple advices,
from precise recommendations



Food & Health

NUTRITION



1- Do not eat too much, but exercise a lot

Adults should maintain constant their body weight

Minimal mortality is observed when Body Mass Index is kept between 18.5 and 25. (BMI = body weight / squared height (kg/m²).

To keep this BMI with a moderate physical activity,

Men need 2300-3000 kcal, Women need 1800-2200 kCal /day

2- Balance carbohydrate / fat / protein.

Recommended caloric balance is carbohydrate >55%, fat <30% and protein 15% **calories** (corresponds to % **weight**: C >66% F<16% P=18 %). French people often get 40% calories from fat (too much fat) and 20% calories from proteins, animal protein mostly, it could be reduced.

3- Be careful with quality (nature) of carbohydrate, fat & proteins

- **Carbohydrate**: eat "slow" starch with low Glycemic Index mostly (noodles, lentils, whole grain are better than potatoes, white bread and rice). Get approx 30 g fiber per day (twice what is usually eaten)

- **Fat**: The 3 thirds rule says 10% calories saturated fat, 10% MUFA, 10% PUFA (Mediterranean rule says 10/20/10). Increase the n-3 PUFA (= omega 3, e.g., alpha-linolenic) more than n-6 (e.g., linoleic), to increase (n-3)/(n-6) ratio between 1/10 et 1/4

- **Proteins**: balance animal & plant proteins: Ratio is 2 in France, it could be reduced (more plant)



4- Diversify your foods: vary your sources!

When foods have diversified origins, when diet is not monotonous, vitamins & minerals are easier to balance. Specifically, 2 or 3 portions of milk or dairy food are needed to bring enough calcium (0.8 à 1 g/d).

5- Increase fruits & vegetables: eat loads of plants

A huge number of observations suggest that a diet with plenty of fruits and vegetables is beneficial (at least 400g/d and more than 5 different products). However, no direct proof has ever been provided. Low-calories, vitamins & minerals, fiber & n-3 PUFA, and many phytochemicals seem to cooperate in the prevention of many chronic diseases (cancers, cardiovascular diseases, osteoporosis, diabetes II, obesity, ...)

Dietary supplements, vitamin pills, and nutraceuticals share a very large market. That so many people buy them does not prove that they improve health. *Denis Corpet* thinks that some specific agents can be useful for specific people (e.g., chondroitin sulfate, leucine, iron...), but that they should not be recommended on a large scale to the general public.