

A Shadowy Industry Group Shapes Food Policy Around the World

When the Indian government bowed to powerful food companies last year and postponed its decision to put red warning labels on unhealthy packaged food, officials also sought to placate critics of the delay by creating an expert panel to review...

Eat Less Red Meat. Now Some Believe It Was Bad Advice.

Public health officials for years have urged Americans to limit consumption of red meat and processed meats because of concerns that these foods are linked to heart disease, cancer and other ills. But on Monday, in a remarkable turnabout, an...

Getting Your Protein From Plants May Help You Live Longer

Getting your protein from plants instead of animals could prolong your life, a new study suggests. Researchers prospectively followed 70,696 Japanese men and women, average

age 55, for an average of 18 years. All had completed detailed health and diet...

The EAT-Lancet Commission on Food, Planet, Health

The EAT-Lancet Commission on Food, Planet, Health brought together 37 world-leading scientists from across the globe to answer this question: Can we feed a future population of 10 billion people a healthy diet within planetary boundaries? The answer is ye

To Treat Chronic Ailments, Fix Diet First

Last year, California's version of Medicaid, Medi-Cal, introduced a three-year pilot study that's already showing what experts in the health care field have seen anecdotally " that tailored nutrition can improve health and lower medical costs for ch
<https://www.nytimes.com/2019/10/22/opinion/chronic-illness-diet.html>