

Bibliography: Top 10 Nutrition Myths Webinar

Dina Aronson's references/recommended reading:

How to Tell If the Health and Nutrition Information You're Reading Online is Actually True

Spinning science: Overhyped headlines, snarled statistics lead readers astray

5 Misleading Headlines Sponsored By The Food Industry

How to Make Sense of Contradictory Health News

Kristi Artz's references:

General:

Three Factors That Need to be Addressed More Consistently in Nutrition Studies: "Instead of What?", "In What Context?", and "For What?"

Juice Cleansing:

https://www.sciencedaily.com/releases/2007/06/070608093819.htm https://academic.oup.com/ije/article/46/3/1029/3039477 https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effectsof-acute-consumption-of-a-fruit-and-vegetable-pureebased-drink-on-vasodilationand-oxidative-status/3BC9D28DD9043C29157BFE0C50078E97 https://www.jacc.org/doi/10.1016/j.jacc.2016.10.086

Coconut Oil:

https://academic.oup.com/nutritionreviews/article/74/4/267/1807413

Clean Eating:

https://pubmed.ncbi.nlm.nih.gov/30954305/

Keto:

https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.109.915165 https://academic.oup.com/ajcn/advance-article/doi/10.1093/ajcn/nqac154/6596279 https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)31236-X/fulltext

Grains:

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David Katz's references:

Lectins:

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Intermittent Fasting for Weight Loss:

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Vegans and Protein:

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Paleo Diet:

https://www.vox.com/2015/8/20/9179217/paleo-diet-jeb-bush-weight-loss https://www.smithsonianmag.com/smart-news/paleo-diet-may-need-a-rewriteancient-humans-feasted-wide-variety-plants-180961402