

BIG FAT SURPRISE Reprint Corrections

Page	graph	Line	Correction
4	4	...43 percent to 33 percent of calories...	... 40 percent to 33 percent of calories:”
14	3	The Native Americans he visited were eating a diet of predominantly meat, mainly from buffalo, yet, as Hrdlička observed	The elders among the Native Americans he visited would have likely been raised on a diet of predominantly meat, mainly from buffalo, until losing their traditional way of life , yet, as Hrdlička observed
25	1	..made up of chains of carbon atoms surrounded by hydrogen atoms	...made up of chains of carbon atoms surrounded by hydrogen atoms and with a carboxylic acid group at one end.
25	diagram	Replace existing diagram with this one	<p style="text-align: center;">A Fatty Acid Is a Chain of Carbon Atoms Surrounded by Hydrogen Atoms with a Carboxylic Acid Group at One End</p> <p style="text-align: center;">Essential features of a fatty acid</p>
25	Diagram title	... Surrounded by Hydrogen Atoms	Title: ...Surrounded by Hydrogen Atoms with a Carboxylic Acid Group at One End
27	3	...later published in a paper...	...later published in several papers that together received....

35	1	...observed that his correlation nearly disappeared. Only a random...	...observed that his correlation was substantially weakened. A more random...
114	3	..., calf sweetbreads (brains),	..., calf sweetbreads (glands),
115	2	...about half is poultry ...50 pounds per person only a third to a quarter...	more than half is poultry ...40 to 70 pounds per person, according to different sources of government data—in any case far less than what it was a couple of centuries ago.
115	Diagram	Subtitle: ...ate three to four times more..	...ate far more...
115		Replace existing chart	<p>Meat Availability and Consumption in the United States, 1800-2007: Total, Red Meat and Poultry</p> <p>Sources: For numbers in 1800, see Roger Horowitz, <i>Putting Meat on the American Table</i> (Baltimore, MD: Johns Hopkins University Press, 2000):11–17. For number ranges in 2000, upper limits reflect total availability in the food supply and are from the US Department of Agriculture, Economic Research Service, while lower limits reflect actual consumption based on survey data from the National Health and Nutrition Examination Surveys (NHANES). Both are calculated in Carrie R. Daniel et al., "Trends in Meat Consumption in the USA," <i>Public Health Nutrition</i> 14, no. 4 (2011): figure 2, 581.</p> <p>Americans in the eighteenth and nineteenth centuries ate far more red meat than they do today.</p>
115	2	kiwis from Australia	...kiwis from New Zealand ...
116	2	..serotonin receptors.	serotonin receptors
116		Replace existing chart	

			<p style="text-align: center;">Meat Availability in the United States, 1909-2007: Total, Red Meat and Poultry</p> <p style="font-size: small;">Source: US Department of Agriculture, Economic Research Service. The government no longer publishes this data online, but it can be found here: Neal D. Barnard, "Trends in Food Availability, 1909-2007," <i>American Journal of Clinical Nutrition</i> 91, no. 5 (2010): Table 1, 1531S.</p> <p style="font-size: small;">Americans now consume more meat than a century ago, but that is due to eating more poultry, not red meat.</p>
140	4	Ornish agrees that his diet can take work, but, he argues,	Ornish maintains the adherence in his program is high. And while he agrees that his diet can take work, but, he argues comma that "It's hard to do..."
140	5	Although Ornish is an internist with no research training, he became famous because...	Delete first part of sentence. Ornish, who earned a medical degree at Baylor College of Medicine, became famous because
141	1	Is the only one ever to demonstrate..	is the first one to demonstrate..

141	2	Twenty-one San Francisco residents	Twenty-two San Francisco residents
141	1 st Footnote	Ornish started with 28 patients...	Ornish started with 28 patients in the experimental group, but one died while “greatly exceeding exercise recommendations at an unsupervised gym,” one was a “previously undiagnosed alcoholic who then dropped out,” and the others remained in the program, but their follow-up angiograms were either lost or found to be inadequate due to technical reasons.
141	2 nd footnote	Had widened by 3 percent since	Had become 3% wider since the experiment began , whereas... Add at end: Moreover, the Ornish subjects reported only two heart attacks, compared to four among the controls. Yet two men in the experimental program died, versus one in the control group.
141	3	Ornish has been virtually alone...	Ornish was, for a long time, virtually alone
142	1	Twenty-one patients is not a lot,	Twenty- two patients is not a lot, and
142	First note at bottom of page	Another study, looking at the need...	Replace this note with: Ornish had previously tested his diet in a small, short-term pilot studies. However, the care and treatment of the experimental group was so much more intensive compared to that of the controls (experimental subjects were “housed together in a rural setting” with meals provided for the duration of the experiment, while controls were left at home to conduct their normal routines) that the results were almost certainly confounded by the “intervention effect” (see note on page XX) [page 210 in current edition] (Ornish et al. 1983) . Ornish has subsequently conducted larger studies of his program looking at heart-

			disease outcomes, but these have not included control groups (Koertge et al. 2003, Silberman et al. 2010).
142	3	Gould is also perfectly up-front..	Gould also contests the reliability of the angiographic evidence that demonstrates the widening of the subjects' arteries.
143	3	...this number was around 10 to 15 percent.	...this number reflected the relative change, which exaggerated the size of the effect, and in absolute terms was actually around 10 to 15 percent.
143	2not the best evidence, he admitted. Yet two days later, he was back to claiming...	...not the best evidence, he concurred. Yet two days later, in another conversation, he was again claiming that his studies had reversed heart disease [remove quotes]
143	2	When I challenged him again, there was silence	When I challenged him again about arteriography's ability to reliably predict heart attacks, there was a pause. Then: "They are clinically important, but you're absolutely right; I'm in agreement about that. .. Ornish would repeat this claim again-.... Delete end of sentence "defending the near-vegetarian diet."
144	Note	Masterjohn 2005, on the "significant methodological problems"	Masterjohn 2005 and Minger, D., http://rawfoodsos.com/the-china-study/).
145	2	...seemed only to exacerbate the problems associated with the 30 percent-fat	...seemed to exacerbate some of the problems...
145	2	...very bad. Lichtenstein concluded that very low-fat diets "are not beneficial and may be harmful.	...very bad. There were questions about the diet's nutritional adequacy, especially for fat-soluble vitamins, and Lichtenstein concluded that because the diet might be "harmful" for certain populations (the elderly, pregnant women, young children, Type 2 diabetics or

			those with high triglycerides or carbohydrate intolerance), the diet could only be recommended for those individuals at “high-risk” for heart disease and then only under “careful supervision.”
146	3	...had been putting children as young...	...had been putting at-risk children as young...
154	1	The limitation of this low-fat experiment	The limitation of this saturated-fat restricted experiment
157	2	By the age of three, the Gambian babies weighed 75% less than they should, according to standard growth charts, while the Cambridge babies were growing...	By age three, the Gambian babies weighed substantially less than they should, according to standard growth charts, while the Cambridge babies were growing according to expectations and weighed on average 8 pounds more than the Gambians. While chronic infections, particularly diarrhea, were responsible for temporary weight loss among the Gambians, Prentice speculates that the “low-fat” foods were likely to blame for the inability to “sustain rapid catch-up growth.”
162	Note at bottom of page	The AHA currently recommends...	A HDL-cholesterol level of 60 mg/dL or higher has generally been considered in the healthy range, although currently the AHA does not set any specific numerical target.
162	2	...was calling elevated LDL-cholesterol a “powerful” risk factor.	...was calling elevated LDL-cholesterol “the primary target” for therapy.
167	3	Saturated fat actually appeared protective.	Replace sentence with: Risk appeared even to decrease slightly at the highest levels of saturated-fat consumption.
170	2	...meeting of the ultra-Catholic group Opus Dei...	...meeting of the ultra-evangelist Jehovah’s Witnesses...

170	1	Nor did they lose more weight.	Replace: And after nine years, they had, on average, lost only one pound more.
210	Footnote	“so poorly assessed in both groups” ...called the “intervention effect,” they wrote	Remove quotes from this phrase. ...so minimally assessed in both groups ...called the “intervention effect,” as the Lyons study directors themselves acknowledged.
213	3	The first such trial, in 2008...	The first major trial, in 2008
215	Second Note	There was one other long-term... (Esposito et al. 2004).	There was one other long-term (two-year) trial on a Mediterranean diet, with results in 2004, but it was small and confined to men and women with metabolic syndrome, so nutrition experts did not pay it as much attention (Esposito et al. 2004). Please also move this note to page 213, 3rd graph, at end of the sentence: “The first such trail, in 2008, was conducted in Israel.”
222	Insert phrase at end of 2	After: ...and 40 percent for women.	At end of graph, add: While none of these trends can be attributed to greater meat eating, they do contradict the idea that meat and saturated fat are the cause of these chronic diseases.
235		of vitamin E, tocopherols,	Vitamin E including tocopherols,
285	2	.winding up with aldehydes in our food.	Winding up with formaldehydes in our food.
290	2	While Ornish managed to leverage his one small...	...managed to leverage his one small trial into several...

293	3	...practice on Long Island...	...practice in New York City ...
296	2	A person would lose weight, not because	A person would lose weight, theoretically , not because
298	2	...found himself “less and less likely to resort to drugs”	Correct quote found himself “ resorting less and less to drugs ”
298	3 rd note from bottom	“less and less” likely to ...	Correct quote: “resorting less and less to drugs” correct page number: 7
299	2	To Schaefer, it seemed obvious...	To Schaefer, it seemed likely that the Inuit, long adapted to their fat-and-protein diet, were unable to cope with the starches and sugars to which they had been introduced. [delete quotation marks]
307	1	That is what the ADA recommends to prevent diabetes, too.	...to prevent diabetes, too (only once someone has contracted the disease does the ADA then advise “monitoring” carbohydrates and substituting sugar for “other carbohydrates”).
309n	2 nd note	...this is justified—but is problematic only when a diet lacks fat..	...only lacks fat or carbohydrate.
309	First note	...women on the Atkins diet had better outcomes...	...women on the Atkins diet had comparable or more favorable metabolic effects than those on the Zone diet...
310	2	...a third on the Atkins diet. ...include the Atkins regime as well.	...a third on an Atkins-style diet, high in fat (“Atkins-style” because subjects were encouraged to eat vegetable-, not animal-based sources of fat). ...include a high-fat regime as well.
310	3	...Atkins dieters looked the healthiest-	... high-fat dieters looked the healthiest--

311	1	...improved, on the Atkins diet.	...improved on high-fat diets .
314	Note at bottom of page	...stating that refined carbohydrates	...stating that no benefit could be demonstrated for eating carbohydrates rather than saturated fats. [delete the rest of sentence, except the source]
315	1	Atkins diet... ...showed no reduction in disease risk or weight.	Atkins-style diet ...showed only marginal reductions in disease risk and weight
326	4	..by 14 percent...	...by 11 percent...
341	first note	“fruits, vegetables, grains...”	Delete this entire note. (source moved to inserted note, see next entry)
341	Insert new note	Insert as 4 th entry (<i>after</i> “we were jumped on!”)	“our fruits and vegetables by 17 percent, our grains by 29%”: Calculated from data in US Department of Agriculture, “Profiling Food Consumption in America,” <i>Agricultural Fact Book 2001-2002</i> (Washington, DC: US Government Printing Office, 2003) 18-19.
341	4 th note	“33 percent of calories or less...”	“40 percent to 33 percent of calories.” [del “or less” and other quote, and change to following source]: Dietary Guidelines Advisory Committee, prepared for the Agricultural Research Service, US Department of Agriculture and US Department of Health and Human Services, <i>Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010. To the Secretary of Agriculture and the Secretary of Health and Human Services</i> , 7th ed. (Washington, DC: US Government Printing Office, May 2010), 219.
341	Insert new note, after 4 th note		“share of those fats that are saturated has also declined”: Centers for Disease Control and Prevention (CDC), “Trends in Intake of Energy and Macronutrients—United States, 1971–2000,” <i>Morbidity and Mortality Weekly Report</i> 53, no. 4 (2004): 80–82.

343	4 th entry for page 14	“were eating a diet predominantly of meat”	Change source to: W. W. Newcombe, Jr. <i>The Indians of Texas: From Prehistoric to Modern Times</i> (Austin, TX: University of Texas Press, 1961): 92, 98, 100, 138, 160, 163, 197, and 323.
361	Towards bottom of page	Insert a second note for 115 (before “chicken”) Insert a last note for 115	115 Derived from a paper by Carrie R. Daniel, who used two sources of government data: the USDA food-disappearance data and the NHANES 24-hour recall survey, with data from 1999-2004. Carrie R. Daniel et al, “Trends in Meat Consumption in the USA,” <i>Public Health Nutrition</i> 14 no. 4 (2011): 575-583. 115 according to different sources of government data: Daniel et al, “Trends in Meat Consumption in the USA.”
365	2 nd entry for 138	“decks stacked against it.”;	Change source: Jane E. Brody, “Personal Health, Hidden Fats: The Hazards.” <i>New York Times</i> , June 18, 1980, C1.
366	New entry	insert after “Alice Lichtenstein and a colleague...”	Insert: (same page number) “‘harmful’ for certain populations” : Ibid., 937.
366	New entry	Insert after previous entry	Insert: (same page number) “‘high risk’...‘careful supervision’” : Ibid., 938.
369	5 th entry	“major contribution of growth failure”	“major contributor of growth failure”...” or inability to ‘sustain rapid catch-up growth’ :
379	Note for p 209	hopelessly underpowered...	Change source for this quote to: Andy R. Ness, interview with author, October 13, 2008.
380	Entry for 215	“previous shorter trials had found..”	Delete this note—not necessary.

383	6 th note	Protect against blood clots	Delete “on rats, see” between two citations
395	4 th entry	“Vogue Diet”...	Corrections to source: “Beauty: <i>Vogue’s</i> Take it Off, Keep it Off Super Diet [delete ... Devised with the Guidance of Dr. Robert Atkins],” <i>Vogue</i> 155, no. 10 (1970): 184-185 .
397	3 rd entry	“unable to cope”	Change source: Gerald W. Hankins, <i>Sunrise Over Pangnirtung: The Story of Otto Schaefer, M.D.</i> (Calgary, Canada: Arctic Institute of North America of the University of Calgary, 2000), 160.
397	5 th entry	“self-inflicted genocide”	Abbreviate source (because now cited above in chapter notes): Hankins, <i>Sunrise Over Pangnirtung</i>, 168
397	Last note on page	Replace source	304 he found just the opposite: Stephen D. Phinney et al., “The Human Metabolic Response to Chronic Ketosis Without Caloric Restriction: Preservation of Submaximal Exercise Capability Without Reduced Carbohydrate Oxidation,” <i>Metabolism</i> 32, no. 8 (1983): 769-776.
398	4 th entry for p. 306	Solid scientific backing for the treatment:	One suggestive study that predated...
419-420	Last entry on page	Gardner, Christopher...	at end, delete period and add: ; “Corrections: Incorrect Wording and Data Error.” <i>Journal of The American Medical Association</i> 298, no. 2 (2007): 178.
399	Insert note for page 310		310 Four years after the experiment ended, Shai conducted a follow-up evaluation to see how her subjects had fared. By most measures, the Mediterranean dieters looked the healthiest and were the slimmest, while those eating an Atkins-style diet gained back most of the weight they had lost. The low-fat group continued to fare the least well on all outcome measures. However, given that four years had elapsed since the end of the trial and that no follow-up efforts had been made to sustain dietary changes (or measure voluntary continued adherence to those changes), these

			<p>results must be interpreted with caution. It's quite likely, for instance, that the Mediterranean-diet subjects had an easier time continuing their dietary intervention, because this was their local fare. By contrast, the Atkins' group was on an atypical diet, believed by most medical professionals to endanger health, and therefore may have been less likely to maintain any dietary changes. Four years after the trial, one can't know whether outcome measures reflect the original diets.. Dan Schwarzfuchs, Rachel Golan, and Iris Shai, Letter to the Editor, "Four-Year Follow-Up After Two-Year Dietary Interventions," <i>New England Journal of Medicine</i> 367, no. 14 (2012): 1373-1374.</p>
400	First note for 317	More than a few major studies	<p>4th source: K. K. Ray... add volume number and page number: 170, no. 12 (2010): 1027.</p> <p>Last source. Correct punctuation: HDL Cholesterol and Other Lipids in Coronary Heart Disease... [del quotes—one sentence]</p>
402	2 nd note on page	Dariush Mozaffarian announced:	<p>Correct source: Dariush Mozaffarian, "Taking the Focus off of Saturated Fat," presented as part of the "Great Fat Debate" at a conference and exposition of the Academy of Nutrition and Dietetics, Boston, MA, November 8, 2010 (available from the Academy as an audio recording).</p>
429	Before 1 st entry	Before Koethe entry..	<p>Add: Koertge, Jenny, Gerdi Weidner, Melanie Elliot-Eller et al. "Improvement in Medical Risk Factors and Quality of Life in Women and Men with Coronary Artery Disease in the Multicenter Lifestyle Demonstration Project." <i>American Journal of Cardiology</i> 91, no. 11 (June 2003): 1316-1322.</p>
434	5 th entry	Marshall, Joseph..	Delete this entry

435	Bibl	Add entry after “Menotti”	Minger, Denise. “The China Study.” <i>Raw Food SOS</i> (blog).
436	5 th	Mozaffarian, Dariush, “The Great Fat Debate.”....	Replace with: Mozaffarian, Dariush. , “Taking the Focus off of Saturated Fat.” Presented as part of the “Great Fat Debate” at a conference and exposition of the Academy of Nutrition and Dietetics, Boston, MA, November 8, 2010. Available from the Academy as an audio recording.
437	after Nestle, Nicklas		Add entry: Newcombe, W. W., Jr. <i>The Indians of Texas: From Prehistoric to Modern Times</i> . Austin, TX: University of Texas Press, 1961.
438	6 th entry up from bottom	Ornish, Dean, “Avoiding revascularization..	Delete this entry
438	Add entries	After Ornish, Dean...”Can Lifestyle Effects...”	Add: Ornish, Dean, Larry W. Scherwitz, Rachelle S. Doody et al. “Effects of Stress Management Training and Dietary Changes in Treating Ischemic Heart Disease.” <i>Journal of the American Medical Association</i> 249, no. 1 (January 7, 1983): 54-59.
440	Add entry	Top of page, before existing Phinney citation,	Add the following: Phinney, Stephen D., Bruce R. Bistrian, W. J. Evans, E. Gervino, and G. L. Blackburn. “The Human Metabolic Response to Chronic Ketosis Without Caloric Restriction: Preservation of Submaximal Exercise Capability Without Reduced Carbohydrate Oxidation.” <i>Metabolism</i> 32, no. 8 (August 1983): 769-776.
440	2 nd item	Phinney, Stephen D. ...Capacity for Moderate Exercise in Obese Subjects	Delete this entry
443	Inesrt new enry	Before Jerry Seinfeld entry	Schwarzfuchs, Dan, Rachel Golan, and Iris Shai. Letter to the Editor. “Four-Year Follow-Up After Two-Year Dietary Interventions.” <i>New England Journal of Medicine</i> 367, no. 14 (October 4, 2012): 1373-1374.

445	Middle of page	After Sieri, S entry	Add: Silverman, Anna, Rajni Banthia, Ivette S. Estay, Colleen Kemp, Joli Studley, Dennis Hareras, and Dean Ornish. "The Effectiveness and Efficacy of an Intensive Cardiac Rehabilitation Program in 24 Sites." <i>American Journal of Health Promotion</i> 24, no. 4 (2010): 260-266.
445			Add: Rauch B, R. Schiele, S. Schneider, et al. "OMEGA, a Randomized, Placebo-Controlled Trial to Test the Effect of Highly Purified Omega-3 Fatty Acids on Top of Modern Guideline-Adjusted Therapy After Myocardial Infarction." <i>Circulation</i> 122, no. 21 (November 23, 2010): 2152–2159.
452	Insert after last entry on page	New entry	Yancy, William S., Eric C. Westman, J. R. McDuffie, et al. "A Randomized Trial of a Low-carbohydrate diet vs Orlistat Plus a Low-fat Diet for Weight Loss." <i>Archives of Internal Medicine</i> 170, no. 2 (January 2010): 136-145.

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