Syllabus: How Not To Die Class  P__  Fall 2020

Week 1:  Early History of Nutrition Science (1915 – 1953)
Class Goals and Resources
Week 2:  Nutrition Pioneers - Kempner & Burkitt (1937 – 1950)
The Protein Debate, Calorie Density of Food
Week 3:  Nutrition Pioneers - Pritikin, McDougall, Ornish (1957 – present)
Kitchen Reset
Week 4:  Heart Disease - Framingham Study (1948 – present)
Packaging, Label Reading, Ingredient Tricks
Week 5:  Seven Countries International Research - Keys
Healthy & Tasty Substitutions for Fat, Dairy and Sugar
Week 6:  The China Study – T. Colin Campbell
Cooking Skills
Week 7:  Lifestyle & Heart Disease – Esselstyn (1987)
Weekly Meal Prep Time Savers
Week 8:  Diabetes – Barnard
Potato Lovers Rejoice

Nov 2  Presidential Election

Week 9:  Newest Dementia Research - Sherzais
Time for Dessert
Week 10:  Human Biome & Immunity
Holiday Planning, Eating Out
Week 11:  TBD
Motivation