

Assignment 5

MAS S63 Tools for Wellbeing

Due 9pm Thursday 10/2. Do not forget to include your name and email address in your submission.

Please follow the the following name convention to name your files:

<FirstNameLastName-Assignment5>. For example JohnDoe-Assignment5.pdf.

You should upload your file here: <http://bit.ly/1mpwHVV>

1 READ

1. Willett, W. C., & Stampfer, M. J. (2006). **"Rebuilding the food pyramid"**. Scientific American, 16(4), 12-21.
<http://bit.ly/1rhgGjJ>

2 EXERCISE 1

Research the latest scientific publications on vitamins D and B12. Answer the following questions:

1. Why are vitamins D and B12 important? What are some of the leading causes for deficiency of these vitamins? What are everyday factors that influence their absorption, both positively and negatively?
2. What foods did each of you eat this week that might a) boost/maintain adequate levels of vitamins D and B12, and b) What are some foods/habits that might have adversely affected absorption of these two vitamins?
3. Given Kevin Slavin's lecture on designing strategies for the irrational mind, what are some ways in which people can be made to regularly consume foods/cultivate habits that give them adequate levels of both vitamins?

3 EXERCISE 2

In all your answers please show respect for privacy, while giving real-world examples. For example you can tell us that "I" may or may not refer to you, or use a pseudonym for the actor. (You can also be frank or open with us; however, we don't want anybody to feel pressure to tell the staff things that are personal).

1. Reflect on the conflicts in nutritional science research (example benefits of red wine, low carb versus low fat diets etc, see reference articles numbered 3 at the end of this document).
 - a) For findings are that still hotly contested, what are some ways you would resolve such conflicting findings as it applies to your daily food habits?
 - b) Not every finding in nutritional science is hotly contested. Research three findings from nutritional science that has found consistent and broad acceptance. Support your answers through references and explain why you think these findings have found broad acceptance.
2. Imagine you are tasked with providing healthy food options in the cafeteria of an organization you lead. Read the tough task of getting people to eat healthy options in an organization: <http://wapo.st/1sV8io7>
 - a) What strategy would you employ in order to get people to avoid trans-fat foods and choose healthy options in the cafeteria?
 - b) How would you measure the effects of healthy or unhealthy choices that people make?
3. Imagine a student who has a heavy course and research load, and has no time to prepare food. This student frequently skips breakfast and is forced to eat at places near her or his department where the food might not be the healthiest.
 - a) Give an example from your own experience of a time in which the above was true either for you or for a loved one. How did you cope with it?
 - b) How would you help this student eat breakfast and also eat full, healthy meals? Your solution can involve technology, behavior change or both.
4. Research supports the assertion that food intake increases in familiar social settings and that social signaling can also alter food choices people make. <http://www.jstor.org/stable/10.1086/644611>
 - a) What strategy would you employ to get people in your research group to eat together?
 - b) How would you subtly constrain portion sizes and selection of healthy meal choices?

4 REFERENCES + OPTIONAL READINGS

1. Selhub, Eva M., Alan C. Logan, and Alison C. Basted. **"Fermented foods, microbiota, and mental health: ancient practice meets nutritional psychiatry."** J Physiol Anthropol 33.1 (2014): 2.
<http://www.biomedcentral.com/content/pdf/1880-6805-33-2.pdf>
2. **Pros And Cons of a Vegan Diet**, Dr. Colin Campbell versus Dr. Nancy Rodriguez, WSJ
<http://online.wsj.com/news/articles/SB10000872396390444184704577587174077811182>
3. a) Das, Dipak K., Subhendu Mukherjee, and Diptarka Ray. **"Resveratrol and red wine, healthy heart and longevity."** Heart failure reviews 16.4 (2011): 425-435.
<http://link.springer.com/article/10.1007/s10741-011-9234-6>
b) **Resveratrol in Red Wine, Chocolate, Grapes Not Associated With Improved Health**, JAMA Internal Medicine Press Release, May 2014.
<http://media.jamanetwork.com/news-item/resveratrol-in-red-wine-chocolate-grapes-not-associated-with-improved-health/>
4. Holick, Michael F. **"Vitamin D and brain health: the need for vitamin D supplementation and sensible sun exposure."** Journal of Internal Medicine (2014).
<http://onlinelibrary.wiley.com/doi/10.1111/joim.12308/pdf>