

Discussion Guide



The Future of Nutrition
T Collin Campbell, PhD

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Food and Nutrition

Summary

Dr. T Collin Campbell's takes on the institution of nutrition: the history of how we got locked into focusing on “disease care” over health care; the widespread impact of our reverence of animal protein on our interpretation of scientific evidence; the way even well-meaning organizations can limit what science is and is not taken seriously; and what we can do to ensure the future of nutrition is different than its past. *The Future of Nutrition* offers a deep-dive behind the curtain of the field of nutrition—with implications both for our health and for the practice of science itself.

Questions

1. Why, as the author states, does nutrition still “struggle to be heard?”
2. What is the author’s motivation for promoting a Whole Food, Plant Based (WFPB) diet?
3. What evidence does the author give to support the book's ideas? Does the author use personal observations and assessments? Facts? Statistics? Opinions? Historical documents? Scientific research? Quotations from authorities?
4. Is the evidence convincing? Is it relevant or logical? Does it come from authoritative sources? Is the author an authority? If so, what makes this person an authority?
5. Has this book changed the way you go about your daily eating habits? If so, in what way?
6. What is the most important point the author makes in this book? Was this point something new to you? Did it broaden your perspective on the issue of nutrition and health and if so, in what ways?
7. After reading this book, what questions about nutrition do you still have? If you could ask the author anything, what would it be?
8. What else have you read on this topic, and would you recommend these books to others?