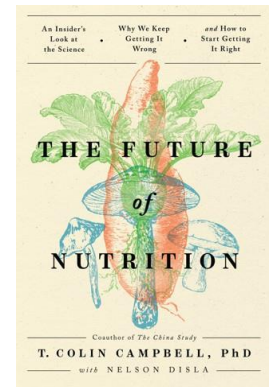


## Discussion Guide

### *The Future of Nutrition*

By T. Colin Campbell, PhD

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 Historical documents?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?



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