


CONVERSATIONS UNLIMITED - Tuesday, Sept. 23, 1986

INTRO UP AND UNDER

Hi, everybody. Looking back on this era, it's possible that 21st century historians may conclude that the number one subject of concern to Americans was their diet. It's pretty hard to avoid hearing about the various diet fads -- the grapefruit diet, the Scarsdale diet, the low-fat diet, the no-cholesterol diet. Everybody, it sometimes seems, believes that cholesterol is dangerous to our health.

A voice of moderation is being raised by Robert E. Olson, professor of medicine and pharmacology at the State University of New York at Stony Brook. He is a cholesterol researcher who has written more than 200 papers published in peer-reviewed journals and more than 50 chapters in books or major reviews on such subjects as nutrition. One of his latest papers appeared last spring in the Journal of the American Medical Association. It attracted the attention of a wire service writer, and Dr. Olson's conclusion was soon being spread throughout the land. In a nutshell, what Dr. Olson said was that low-cholesterol diets are being oversold. Is that a fair statement, Dr. Olson?

INTERVIEW DR. OLSON:

-- What is basic claim made for cholesterol? 

-- How does he disagree?

-- Down to basics:

* What is cholesterol?

* In what foods is it most prominently found?

* How does it relate to protein and calories?

-- Does he agree that excessive fat promotes cancer?

(National Research Council, American Cancer Society,
National Cancer Institute)

-- Research in disagreement:

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- * Vegetarians study showed no difference in cancer of colon, breast or prostate than among those who ate meat
- * BUT Hawaii study related fat with cancer of breast and prostate but not of colon...
- * AND Japanese study related heavy meat consumption with high breast cancer incidence but low colon rate

- Case for reducing fat intake
- Consideration of vitamin loss
- His best advice to people

14:00

We'll take a short break now. When we return, we'll be talking with Robert Olson about other dietary and nutritional matters. Are you wondering about how much sugar to eat? Or caffeine? Stay tuned, please.

BRIDGE MUSIC UP AND UNDER

Hi. I'm Al Oickle, and I'm at the State University of New York at Stony Brook with Dr. Robert E. Olson. We've been talking about diets and disease. We've concentrated on cholesterol and fat up to now, Dr. Olson. But I suppose it would not be overstating it to note that everything that humans consume has some effect on our bodies.

INTERVIEW DR. OLSON:

- Name some other major, every-day foods that are problems for some people: sugar/diabetes, caffeine, fibers
- Overeating: blame on eaters, advertisers, cooks, restaurateurs
- Any hope for manufactured food that is only good? (Smooose)
- Check out Dr. Olson's background:
 - How did he get into nutrition?
 - What's his major research at Stony Brook?
 - What kind of a team does he work with?
 - What funding?
 - How about his own diet and eating habits?

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- What steps remain to be taken to improve general health?
 - * Schools and education
 - * Health care: HMOs
- How does our health compare now with last generation's?

29:00

OUTRO

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PROMO

Hi, everybody. This is Al Oickle, inviting you to listen to Conversations Unlimited, on Tuesday, Sept. 23, at 6 p.m., here on WUSB - 90.1 FM. I'll be talking with Dr. Robert Olson about our diets -- about how what we eat affects our health. We often are told to avoid cholesterol and fat in the food we eat. But Dr. Olson has been speaking out against such advice for all people. He says that science has not established that everyone benefits from avoiding cholesterol. We'll talk about that and how cholesterol relates to human disease on Conversations Unlimited, Tuesday, Sept. 23, at 6 p.m., here on WUSB - 90.1 FM.