

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Content Summary for Dr. Michael Greger's "Latest in Clinical Nutrition" DVDs for the years 2007, 2008, 2009
 DVDs are available from Dr. Greger at Website: <http://www.drgreger.org/DVDs/>
 Created by Bill Minnick: www.EndCancerNow.org January 24, 2010
 (** See Page 16 for Index Entry Explanation)

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
091-03	Harmless additive	- - -		Citric acid	
091-24	Cancer: lymphoma	Increase		Farm animal contact	Not true for home pets
091-25	Cold remedy scam	- - -	Airborne™ supplement	Various herbals	Worthless supplement
091-50	Risk vs Benefit	Decrease	Alcohol: 1-2 drinks		Not a problem
07-09	Food poisoning	Increase	Alfalfa sprouts	Salmonella bacteria	110 cases in 2006
92-101	Contaminated source	Increase	Antiperspirant	Aluminum	
091-36	Contaminated source	Increase	Apple juice	Fungal toxins	High fungal levels -AVOID
08-44	Choice: apple 1	Decrease	Apple, #1 red delicious	Phytonutrients, antioxidants	
08-44	Choice: apple 2	Decrease	Apple, #2 granny Smith	Phytonutrients, antioxidants	
08-44	Choice: apple 3	Decrease	Apple, #3 gala	Phytonutrients, antioxidants	
08-33	Choice: apple	Decrease	Apple: juice (avoid)	Antioxidants, minerals, vitamins	90% of nutrition is trashed
08-33	Choice: apple	Decrease	Apple: raw & whole-healthier	Antioxidants, minerals, vitamins	whole apple beats juice
08-30	Antioxidants source	Decrease	Apples, whole	Antioxidants	Helpful spice
091-35	Cancer: breast	Decrease	Apples, whole	Phytonutrients	Reduced risk
091-36	Contaminated source	Increase	Apples, whole	Fungal toxins	Don't eat bruise spots
091-35	Cancer prevention	Decrease	Apples: eat one per day	Phytonutrients	Slows all cancer stages
08-30	Antioxidants source	Decrease	Artichoke	Antioxidants	Good source
08-29	Antioxidants sources	Decrease	Artichoke, goji berries. acai berries	Antioxidants	- Top 3 plant food sources
091-02	Harmful additives	Increase	Artificial butter flavor	Chemically derived substance	On popcorn, etc - AVOID
091-01	Harmful additives	Increase	Artificial colors	Chemically derived substance	AVOID
091-01	Hyperactivity cause	Increase	Artificial colors	Chemically derived substance	AVOID
092-60	Anti-cancer food #5	Decrease	Asparagus	Phytonutrients	Tumor cell growth reduced
091-10	Artificial sweetener	Increase	Aspartame (NutraSweet)	No-calorie sweetener	Bad choice - avoid
091-41	Cholesterol lower	Decrease	Avocado	Fat, monounsaturated - helpful	Makes nutrients available
07-23	Nutrient absorption improved	Decrease	Avocado	Monounsaturated fat	Fat & plant foods at same meal extract the nutrients

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

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091-23	Cancer prevention	Increase	Bad diet choices	Genetics: 5% to 10% cancer role	90%-95% preventable!
07-15	Cholesterol lower	Decrease	Baked navy beans (vegetarian)	Phytonutrients	Cholesterol reduced
091-52	Blood pressure down	Decrease	Bean consumption	Phytonutrients	Reduces blood pressure
07-20	Life span increased	Decrease	Beans daily	Phytonutrients	Increases life span
092-71	Contaminated source	Increase	Beef	Parasites (affects dogs only)	present in 95% of Beef
092-99	Arsenic source #6	Increase	Beef (commercial growers) #6	Arsenic	Arsenic in feed
092-71	Contaminated source	Increase	Beef, undercooked	Brain parasites	Cause of Schizophrenia
092-71	Schizophrenia	Increase	Beef, undercooked	Parasites -brain	Immune system keeps at bay
092-60	Anti-cancer food #5	Decrease	Beets -shredded	Phytonutrients	Tumor cell growth reduced
07-20	Life span increased	Decrease	Berries daily	Phytonutrients	Increases life span
08-08	Harmful item	Increase	Beta carotene supplements	Beta Carotene	Avoid Beta Carotene supplmts
091-38	Kidney failure	Increase	Betel nuts	Toxins, natural	Harmful nut
091-14	Choice: beverage A	Decrease	Beverage #1: white tea	Theanine, phytonutrients	With lemon added
091-14	Choice: beverage B	Decrease	Beverage #2: green tea	Theanine, phytonutrients	With lemon added
091-15	Choice: beverage C	Decrease	Beverage #3: Earl Grey tea	Theanine, phytonutrients	With lemon added
091-15	Choice: beverage D	Decrease	Beverage #4: black tea	Theanine, phytonutrients	With lemon added
091-12	Choice: beverage 1	Decrease	Beverage 1: white tea	Theanine, phytonutrients	
091-12	Choice: beverage 2	Decrease	Beverage 2: green tea	Theanine, phytonutrients	
091-12	Choice: beverage 3	Decrease	Beverage 3: red tea	Theanine, phytonutrients	
091-12	Choice: beverage 4	Decrease	Beverage 4: water	Purity: chemical & biological	
08-42	Choice: beverage	Decrease	Beverage: #1 tea	Phytonutrients, antioxidants	Tea beats bottled water
08-42	Choice: beverage	Decrease	Beverage: #2 water -bottled	Purity: chemical & biological	Tea beats bottled water
08-43	Choice: beverage	Decrease	Beverage: 1 water tap	Purity: chemical & biological	Tap water beats bottled
08-05	Helpful spice	Decrease	Black pepper	Phytonutrients	Anti-cancer, anti-inflammatory
091-09	Choice: sweeteners	Decrease	Blackstrap molasses #2	Phytonutrients, sucrose	2 nd best sweetener
07-16	Choice: fruit	Decrease	Blueberries	Antioxidants high	Cholesterol reduced
07-08	Contaminated source	Increase	Blue-green algae	Neuro-toxins BMAA	AVOID
091-32	Harmful plant	Increase	Blue-green algae: a bad risk	Invasive plant	2009 update: still AVOID
092-60	Anti-cancer food #5	Decrease	Broccoli	Phytonutrients	Tumor cell growth reduced
07-14	Nutrient absorption	Decrease	Broccoli	Phytonutrients, antioxidants	Steaming yields 25% more nutrients than the raw food
08-11	Helpful food	Decrease	Broccoli sprouts	Phytonutrients	Very low contamination risk

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
092-60	Anti-cancer food #4	Decrease	Brussels Sprouts #4	Phytonutrients	Tumor cell growth reduced
092-67	Fast foods quality	Increase	Burger –flame broiled -3 rd wst	Carcinogens	Choose alternative foods
092-60	Anti-cancer food #5	Decrease	Cabbage	Phytonutrients	Tumor cell growth reduced
08-30	Antioxidants source	Decrease	Cabbage -purple (red) #1	Antioxidants	Best value #1
091-21	Helpful food	Decrease	Carob powder	Phytonutrients	Helpful food
07-14	Nutrient absorption	Decrease	Carrots	Phytonutrients	Steaming works best
08-36	Choice: carrot	Decrease	Carrots, baby #2	Phytonutrients, antioxidants	
08-36	Choice: carrot	Decrease	Carrots, regular #1	Phytonutrients, antioxidants	
092-60	Anti-cancer food #5	Decrease	Cauliflower	Phytonutrients	Tumor cell growth reduced
091-22	Cancer: brain tumor	Increase	Cell phone (typical use)	Electromagnetic energy	1 in 128 risk of tumor
08-18	Anti-cancer food	Decrease	Chamomile tea	Theanine	Cancer-preventing choice
08-23	Contaminated source	Increase	Chicken	PBDE flame retardant chemical	– Highest of U.S. foods
092-63	Contaminated source	Increase	Chicken	Fecal residues	Found on 92% of items tested
07-10	Food poisoning	Increase	Chicken	Fecal bacteria	Choose alternative foods
092-64	Contaminated source	Increase	Chicken – roasted	Carcinogens	In cooked muscle meat
092-99	Arsenic source #1	Increase	Chicken (com'l growers) #1	Arsenic	Arsenic in feed poisons lice
092-67	Fast foods quality	Increase	Chicken breast (1 st worst)	Carcinogens	In salad at TGI Fridays
92-100	Food comparison	Increase	Chicken vs veggie chicken		Choose veggie chicken
07-02	Cancer: bladder	Increase	Chicken, bacon	Dioxins, PCBs	Double the cancer risk
07-02	Cancer: pancreatic	Increase	Chicken, bacon	Dioxins, PCBs	Double the cancer risk
07-02	Cancer: endometrial	Increase	Chicken, fish, all animal foods	Dioxins, PCBs	Increased cancer risk
092-81	Cannibalistic feed biomagnification 1	Increase	Chicken: 1 st worst	Mercury from feed	Mercury moves up the food chain
08-28	Cancer: kidney	Increase	Chips, French fries	Acrylamide neurotoxin	From fried carbohydrates
92-101	Contaminated source	Increase	Cigarette smoking	Aluminum	1 pack < cheese sandwich
08-30	Antioxidants source	Decrease	Cinnamon #2	Antioxidants	Best value #2
091-46	Antioxidants source	Decrease	Cinnamon (daily)	High oxalates (most not soluble)	These oxalates not problems
08-30	Antioxidants source	Decrease	Cloves #3	Antioxidants	Best value #3
091-01	Allergic reaction	Increase	Cochineal Beetle	Extract from beetle	Red food coloring agent
091-19	Helpful beverage	Decrease	Cocoa (5 cups per day)		Kuna Indian secret
07-25	Arterial disease	Increase	Cocoa butter	Saturated fat	Raises cholesterol
07-25	Helpful food	Decrease	Cocoa powder	Phytonutrients	Healthy form of chocolate –

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
091-20	Helpful food	Decrease	Cocoa powder, Dutch process		Helpful food
091-20	Helpful food	Decrease	Cocoa powder, regular		More nutrients than Dutch pr.
091-28	Head lice	Decrease	Coconut emulsion shampoo	Coconut oil	Nontoxic treatment
091-40	Harmless food	- - -	Coconut –flaked, fat left in		Good and bad attributes equal
091-40	Harmful fat	Increase	Coconut milk products	Saturated fats	Saturated fats raise cholesterol
091-39	Harmful fat	Increase	Coconut oil	Saturated fats	Saturated fats raise cholesterol
092-66	Carcinogens?	- - -	Coffee – roasted	NO carcinogens found	
08-14	Choice: beverage	Decrease	Coffee (black) vs tea (black)	Theanine in the tea	Black tea better than coffee
08-13	Choice: beverage	Decrease	Coffee –filtered		Helpful at 2 cups per day
92-101	Contaminated source	Increase	Cookware	Aluminum	
091-08	Contaminated source	Increase	Corn syrup	Mercury content	AVOID
091-07	Choice: sweeteners	Increase	Corn syrup vs sugar (same)	Glucose, sucrose	AVOID both
92-105	Prostate cancer promoter	Increase	Cottage cheese	Steroid hormones in milk	1 cup/day: increases risk of prostate cancer by 50%
07-16	Choice: fruit	Decrease	Cranberries	Antioxidants high	Cholesterol reduced
08-30	Antioxidants source	Decrease	Cranberry	Antioxidants	Good value
092-60	Anti-cancer food #5	Decrease	Curley cabbage	Phytonutrients	Tumor cell growth reduced
08-35	Choice: fruit 1	Decrease	Currants #1 (vs raisins)	Phytonutrients, antioxidants	Currants beat raisins
091-10	Artificial sweetener	Increase	Cyclamate	No-calorie sweetener	Bad choice
07-02	Parkinson's disease	Increase	Dairy – all dairy foods	Dioxins, PCBs	More dairy food: more risk
07-02	Cancer: colorectal	Increase	Dairy – all, fed to children	Dioxins, PCBs	Triple cancer risk at age 65
92-105	Hormone source 1	Increase	Dairy #1 source: buttermilk	Steroid hormones in milk	Choose alternative foods
92-105	Hormone source 2	Increase	Dairy #2 source: skim milk	Steroid hormones in milk	Choose alternative foods
92-105	Hormone source 3	Increase	Dairy #3 source: lo fat milk	Steroid hormones in milk	Choose alternative foods
92-105	Hormone source 4	Increase	Dairy #4 source: whole milk	Steroid hormones in milk	Choose alternative foods
07-02	Cancer: prostate	Increase	Dairy (animal source)	Dioxins, PCBs	Increase cancer risk
07-02	Cancer: testicular	Increase	Dairy (animal source)	Dioxins, PCBs	Increase cancer risk
07-02	Cancer: various	Increase	Dairy (animal source)	Dioxins, PCBs	Industrial carcinogens in dairy
07-25	Diseases - various	Increase	Dairy (milk chocolate)	Hormones	IGF-1 among others
07-19	Nutrient blockers	Increase	Dairy -animal milk (in tea)	Cow milk protein binds nutrients	Blocks tea nutrients
92-101	Aluminum source -	Increase	Dairy cheese (commercial)	Sodium Aluminum Phosphate:	A cheese sandwich = 12

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
	Worst food source		worst aluminum source food	Aluminum salt added for texture	vaccine shots
092-81	Cannibalistic feed biomagnification 2	Increase	Dairy cheese, 2 nd worst	Mercury from feed	Mercury moves up the food chain
07-31	Fertility decrease	Increase	Dairy foods	Sex steroid hormones	Choose alternative foods
92-106	Hormonal interference	Increase	Dairy foods - all	Steroid hormones in milk	“Our deeply rooted belief about the wholesomeness of milk and dairy products should be reconsidered.”
92-105	Acne	Increase	Dairy foods (from animals)	Steroid hormones in milk	Hormones in milk are cause
92-105	Diseases -many	Increase	Dairy foods (from animals)	Steroid hormones in milk	Choose alternative foods
92-104	Nutrient blockers	Increase	Dairy foods (from animals)		Skim milk blocks all nutrients
92-107	Bone health (long term)	Increase	Dairy foods (from cows) –all contain IGF-1 hormone	Steroid hormones in milk – including IGF-1	Omnivores got 2X diet calcium, but bone density was identical to Vegans
92-106	Hormonal interference	Increase	Dairy foods (from cows) –all contain IGF-1 hormone	Steroid hormones in milk – including IGF-1	IGF: Insulin growth factor
92-106	Hormonal interference	Increase	Dairy foods (from cows) –all contain IGF-1 hormone	Steroid hormones in milk – including IGF-1	Promoter of acne, dementia, cancers and other diseases
092-83	Diabetes	Increase	Dairy milk (from animals)	DDT, Dieldrin linked to disease	Source of banned pesticides:
092-83	Endometriosis	Increase	Dairy milk (from animals)	DDT, Dieldrin linked to disease	Source of banned pesticides:
092-83	Gum disease	Increase	Dairy milk (from animals)	DDT, Dieldrin linked to disease	Source of banned pesticides:
092-83	Hypertension	Increase	Dairy milk (from animals)	DDT, Dieldrin linked to disease	Source of banned pesticides:
092-83	Obesity in women	Increase	Dairy milk (from animals)	DDT, Dieldrin linked to disease	Prenatal exposure
07-21	Weight gain	Increase	Dairy milk (from animals)	Saturated fat & cholesterol	Associated with weight gain
092-83	Cognitive impairment	Increase	Dairy milk is common source	DDT, Dieldrin linked	Source of banned pesticides
08-22	Contaminated source	Increase	Dairy milk/products	Puss cells in milk	300 Million/glass (FDA limit)
08-22	Allergies	Increase	Dairy products	Carcinogens, hormones, etc	Top allergen: US food supply
08-22	Contaminated source	Increase	Dairy products	Manure	
08-22	Nutrient absorption	Increase	Dairy products		Blocks Nutrient absorption
08-22	Acne in teens, adults	Increase	Dairy products: primary cause	Hormones	Affecting teens & adults
091-54	Weight gain foods	Increase	Dairy, Eggs		Vegetarians: overweight
091-29	Anti-cancer food	Decrease	Dark green leafy vegetables	Phytonutrients	50% cancer risk decrease

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
091-30	Heart rate	Decrease	Dark green leafy veggies	Heart rate variability (good)	¼ cup/day improves HRV
091-09	Choice: sweeteners	Decrease	Date sugar #1	Phytonutrients, sucrose	Best-a whole food sweetener
091-40	Helpful food	Decrease	Defatted flake Coconut		Fiber source
092-84	Omega-3 deficiency	Decrease	DHA Oil supplement	DHA Omega-3 Oil	Best source: golden algae; bio-equivalent to fish DHA
08-26	Choice: omega-3 oil	Decrease	DHA omega-3 oil supplement	DHA (from organic micro algae)	Best DHA omega-3 oil source
091-55	Diabetes prevention	Decrease	Diet & lifestyle	Eliminate animal-source foods	Meat eaters go pure Vegan
092-62	Antioxidant levels	Decrease	Dynamics	Antioxidants	Levels linked to life events
092-62	Antioxidant levels	Decrease	Eat veggies, green tea, etc	Soak body in antioxidants	Levels linked to life events
092-60	Anti-cancer foods	Decrease	Eat wide variety of vegetables	Many, not all known	Each targets a different cancer
92-108	Diabetes cause	Increase	Eggs	Hormones, cholesterol	Avoid eating even 1 a day
07-31	Fertility decrease	Increase	Eggs	Sex steroid hormones	Very high hormone levels
92-108	Stroke cause	Increase	Eggs	Hormones, cholesterol	Avoid eating even 1 a day
092-99	Arsenic source #2	Increase	Eggs (commercial growers) #2	Arsenic	Arsenic in feed poisons lice
08-12	Harmful food	Increase	Eggs (one per day or more)	Cholesterol, hormones, arsenic	Higher all cause mortality
07-09	Food poisoning	Increase	Eggs (undercooked)	Salmonella bacteria	118.000 cases w/eggs in 2006
091-10	Artificial sweetener	Decrease	Erythritol (Z) (fruit extract)	No-calorie sweetener	Best no calorie sweetener
07-20	Life span increased	Decrease	Exercise (60 minutes per day)	Blood flow & muscle action	30 minutes/day not enough
07-19	Unhealthy extract	Increase	Extracts of Green tea	Imbalance of nutrients	Liver disease results
08-24	Choice: fish sources	Increase	Farmed fish vs wild fish	Mercury, PDBE, pesticides	Wild is better, but still risky
091-47	Metabolism	Decrease	Fat	Metabolism up-regulation	Vegans burn fat better
092-61	Nutrient absorption	Decrease	Fats	Fat acts as nutrient solvent	Nutrients blocked without fat
092-76	Sperm counts comparison	Decrease	Fish	Xenoestrogens (highest source)	Vegans had 10X the sperm count of fish eaters
092-76	Contaminated source	Increase	Fish	Xenoestrogens (highest source)	Man-made: as in PCBs
07-10	Food poisoning	Increase	Fish	Fecal bacteria	Choose alternative foods
092-83	Thyroid disruption	Increase	Fish	PBDE in fish is cause	Least in wild caught fish
092-78	Baby poisoning	Increase	Fish (large)	Mercury: in Mothers	Causes baby brain damage
092-78	Contaminated source	Increase	Fish (large)	Mercury levels in fish eaters	10X more mercury than vegan
092-79	Fish Fog	Increase	Fish (large)	Mercury levels in fish eaters	Fish eater's mental state
092-80	Mercury levels in pregnant women	Increase	Fish (large)	Mercury from eating smaller fish	Harms baby's brain

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
092-70	Contaminated source	Increase	Fish (wild and farmed)	Fish Toxins	Many don't get cooked out
92-113	Worst study - 2009	- - -	Fish guts		Used in laundry detergent
92-114	Telomere shortening Best study – 2009	Increase	Fish in diet: Shortens telomeres	Telomere length decreased; results in shorter lifespan	Lifespan reduced 6 years
092-82	Contaminated source	Increase	Fish oil supplements	DDT	Banned but still in food chain
092-82	Contaminated source	Increase	Fish oil supplements	Dieldrin	Banned but still in food chain
092-82	Contaminated source	Increase	Fish oil supplements	PCBs and Insecticides	
092-86	Toxic Supplement	Increase	Fish oil supplements, distilled	Vitamin A – toxic levels	Avoid fish oil supplements
092-69	Contaminated source	Increase	Fish toxin	Sexual transmission	
092-85	Gold dust retinopathy	Increase	Fish: farmed	Artificial coloring chemicals; antibiotics	Poor food choice
08-24	Choice: fish sources	Increase	Fish: farmed vs wild	Mercury, PDBE, pesticides	Wild is better, but still risky
092-80	Contaminated source	Increase	Fish: tuna	Mercury levels in fish eaters	Tuna vs amalgam fillings
091-06	Contaminated source	Increase	Fish: tuna (one can of)	Mercury source	Significant mercury source
08-25	Contaminated source	Increase	Fish: tuna, ½ can	Mercury	Equals 100 vaccine shots
092-80	Contaminated source	Increase	Fish: tuna, canned vs amalgam filling	Mercury from eating smaller fish	29 amalgam fillings equals one can of tuna fish
08-23	Contaminated source	Increase	Fish: wild	PBDE Flame retardant chemical	– 2 nd highest of U.S. foods
08-26	Parasites in food	Increase	Fish: wild	Tape worms	Now in North America
08-27	Arthritis relief	Decrease	Flax seed in diet	Phytonutrients	Flax meal helps arthritis
07-05	Cancer: breast	Decrease	Flax seed whole, ground	Lignans, fiber, protein, etc	Best source
07-05	Cholesterol lower	Decrease	Flax seed whole, ground	Lignans, fiber, protein, etc	Best source
07-05	Estrogen lower	Decrease	Flax seed whole, ground	Lignans, fiber, protein, etc	Best source
07-05	Hot flashes lower	Decrease	Flax seed whole, ground	Lignans, fiber, protein, etc	Best source
07-05	Prostate function	Decrease	Flax seed whole, ground	Lignans, fiber, protein, etc	Daily, good as drug
08-28	Cancer: breast	Increase	French fries, chips	Acrylamide neurotoxin	From fried carbohydrates
08-50	Worst study - 2008	Increase	Fruit & vegetables	Fruit/Veg. diet increase? NOT	No increase was achieved
091-12	Choice: beverage	Increase	Fruit juice	Digestion incomplete	Avoid; eat the whole food
092-60	Anti-cancer food #1	Decrease	Garlic #1	Phytonutrients	Tumor cell growth reduced
092-92	Harmless supplement	- - -	Glyconutrient supplements		Expensive, useless sham
08-51	DNA repaired	Decrease	Grapes, almonds, Brussels sprouts	Phytonutrients, no animal foods	All block the binding of carcinogens to DNA

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
092-60	Anti-cancer food #5	Decrease	Green beans	Phytonutrients	Tumor cell growth reduced
07-04	Cancer: breast	Decrease	Green leafy vegetables	Plant fiber	
07-04	Cancer: skin	Decrease	Green leafy vegetables	Antioxidants, vitamins, minerals	3 leaves cut risk in half
092-60	Anti-cancer food #3	Decrease	Green onion #3	Phytonutrients	Tumor cell growth reduced
07-20	Life span increased	Decrease	Green tea daily	Phytonutrients	Increases life span
07-20	Life span increased	Decrease	Greens daily	Phytonutrients	Increases life span
07-07	Diseases - various	Decrease	Greens, broccoli	Phytonutrients	Anti-cancer
091-04	Harmless additive	- - -	Gum Arabic		
07-18	Harmful product: liver failure	Increase	HerbaLife™	Toxic hepatitis	Causes liver injury and acute hepatotoxicity
091-18	Helpful beverage	Decrease	Hibiscus tea		Good for us
091-06	Contaminated source	Increase	High fructose corn syrup	Mercury source	AVOID
091-06	Hyperactivity cause	Increase	High fructose corn syrup	Chemically derived food	AVOID
07-28	Contaminated source	Increase	Hijiki (Hiziki) sea vegetable	Arsenic source	AVOID eating this seaweed
08-18	Choice: beverage	Decrease	Honeybush tea (African)	Theanine	Helps lymphocyte function
08-21	Cancer: various	Increase	Hotdog	Carcinogens, hormones, etc	Harmful food
091-23	Cancer: leukemia	Increase	Hotdog – one per week		Risk increased by 950%
092-99	Arsenic source #3	Increase	Hotdog #3	Arsenic	Arsenic in feed
091-23	Cancer: brain tumor	Increase	Hotdog: 1 per week	Toxins: various	1 in 18 risk of tumor
07-23	Heart disease	Increase	Hydrogenated oils	Trans fats	Reject foods with this fat
091-29	Harmless food	- - -	Iceberg lettuce	Phytonutrients (low level)	Better than nothing
092-88	Harmful supplement	Increase	Iron supplements -	Iron	Reduces life span; AVOID
092-91	Harmful supplement	Increase	Juice Plus™ supplement	Carcinogen effect	Harmful - AVOID
092-60	Anti-cancer food #5	Decrease	Kale	Phytonutrients	Tumor cell growth reduced
07-28	Iodine deficiency	Decrease	Kelp –kombu	Iodine source	Intense iodine source
092-71	Contaminated source	Increase	Lamb	Parasites	In less than 50% of lambs
07-27	Osteoporosis	Decrease	Leafy greens vs dairy	Calcium deficiency	Vegan risk less vs Omnivore Leafy greens 2X better source
08-22	Osteoporosis	Decrease	Leafy greens vs dairy	Calcium source – best choice	Leafy greens calcium better absorbed 2X vs. dairy foods
092-60	Anti-cancer food #2	Decrease	Leek #2	Phytonutrients	Tumor cell growth reduced
08-40	Choice: legume 1	Decrease	Legume: #1 black beans	Phytonutrients, antioxidants	

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
08-40	Choice: legume 2	Decrease	Legume: #2 lentils	Phytonutrients, antioxidants	
08-40	Choice: legume 3	Decrease	Legume: #3 red kidney	Phytonutrients, antioxidants	
08-40	Choice: legume 4	Decrease	Legume: #4 pinto bean	Phytonutrients, antioxidants	
08-39	Choice: legume	Decrease	Legume: beans: #1 black	Phytonutrients, antioxidants	
08-39	Choice: legume	Decrease	Legume: beans: #2 pinto	Phytonutrients, antioxidants	
08-37	Choice: lettuce	Decrease	Lettuce: #1 red	Phytonutrients, antioxidants	
08-37	Choice: lettuce	Decrease	Lettuce: #2 green	Phytonutrients, antioxidants	
091-48	Cognitive function	Decrease	Low calorie foods	Caloric restriction	Improves cognition
091-33	Harmful juice	Increase	Mangosteen juice	Xanthenes	Impairs cellular metabolism
091-54	Weight gain foods	Increase	Meat (light consumption)		Light meat eaters overweight
092-81	Cannibalistic feed biomagnification	Increase	Meat from all farm animals	Methyl mercury and lead in feed	Mercury moves up the food chain
092-66	Asthma cause	Increase	Meat in diet	Carcinogens source in child's diet	
08-21	Cancer: various	Increase	Meat in diet	Carcinogens, hormones, etc	Food is a package deal
091-43	Childhood obesity	Increase	Meat in diet	Abdominal girth	Source of weight gain
091-54	Diabetes type 2	Increase	Meat in diet		Diabetes rates: up 90%
07-31	Fertility decrease	Increase	Meat in diet	Sex steroid hormones	Affect prepubescent children
07-02	Heart attack	Increase	Meat in diet	Dioxins, PCBs	Double risk of heart attack
091-57	Mortality	Increase	Meat in diet		Life span reduced
091-54	Obesity rates	Increase	Meat in diet		1 in 3 are medically obese
091-54	Weight gain foods	Increase	Meat in diet		Obesity rates: 1 person in 3
092-73	Contaminated source	Increase	Meat in diet - poultry	Sex steroid hormones	Causes female infertility
08-27	Arthritis	Increase	Meat in diet (even small qty)		Eating meats causes arthritis
091-24	Cancer: lymphoma	Increase	Meat viruses association	Non-Hodgkins lymphoma	Cases annually, U.S.: 60,000
092-64	Contaminated source	Increase	Meat –well done	Carcinogens	In cooked muscle meat
07-02	Cancer: breast	Increase	Meat, barbecued, grilled	Dioxins, PCBs	47% higher cancer risk
08-21	Cancer: various	Increase	Meat, cured	Carcinogens, hormones, etc	Especially high cancer risk
092-83	Contaminated source	Increase	Meat, dairy: avoid	DDT, Dieldrin	Source of banned pesticides
091-23	Cancer – #1 cause	Increase	Meat, eggs, fish in diet		
091-54	Weight gain foods	Increase	Meat, fish, eggs, dairy		Omnivores: way overweight
92-114	Telomere shortening Best study – 2009	Increase	Meat: processed in diet: Shortens telomeres	Telomere length decreased; results in shorter lifespan	Lifespan reduced 14 years

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
92-111	Cancer progression	Decrease	Meat: reduce consumption	Hormones, toxins	reduce meat; increase lifespan
092-65	Tremors cause	Increase	Meat-eating men	Cooked meat contamination	20X higher risk
07-30	Diabetes	Decrease	Meat-free diet		Rate down 74%; all weights
08-21	Cancer: breast	Increase	Meats	Carcinogens, hormones, etc	50% incr. cancer risk / 100g
092-72	Contaminated source	Increase	Meats	Parasites -brain	Meat is the largest source
092-77	Early puberty	Increase	Meats	Xenoestrogens	Choose alternative foods
092-77	Puberty early	Increase	Meats	Xenoestrogens	
07-02	Cancer: various	Increase	Meats and dairy (animal)	Dioxins, PCBs	
092-99	Arsenic source #5	Increase	Milk (commercial growers) #5	Arsenic	Arsenic in feed
07-25	Diseases - various	Increase	Milk chocolate	Nutrient blocker	IGF-1 among others
92-103	Antioxidant blockers	Increase	Milk/cream/yogurt/cheeses	Antioxidants unavailable	block all antioxidants
08-04	Heart arrhythmia	Increase?	MSG	Monosodium glutamate	Harmless additive? No proof
08-41	Choice: mushroom 1	Decrease	Mushroom: #1 porcini	Phytonutrients, antioxidants	
08-41	Choice: mushroom 2	Decrease	Mushroom: #2 button	Phytonutrients, antioxidants	
08-41	Choice: mushroom 3	Decrease	Mushroom: #3 morel	Phytonutrients, antioxidants	
092-95	Food toxins	Increase	Mushrooms (raw)	Toxins	Eat mushrooms cooked!
92-110	Cancer: prostate	Decrease	Near-Vegan diet	Absence of cancer promoters	Reversal via diet change: Male PSA drops: Vegan diet; PSA rises: omnivore diet
92-110	Heart disease	Decrease	Near-Vegan Life-style		Reversal via diet change
92-109	Cholesterol lower	Decrease	NO saturated & trans fats	Lo cholesterol: no arterial plaque	Goal: LDL under 70
07-17	Harmful juice	Increase	Noni juice	Morinda citrifolia	Causes hepatotoxicity
08-45	Choice: nut 1	Decrease	Nut: #1 pecan	Phytonutrients, antioxidants	
08-45	Choice: nut 2	Decrease	Nut: #2 walnut	Phytonutrients, antioxidants	
08-45	Choice: nut 3	Decrease	Nut: #3 hazel (filbert or cob)	Phytonutrients, antioxidants	
08-45	Choice: nut 4	Decrease	Nut: #4 pistachio	Phytonutrients, antioxidants	
08-45	Choice: nut 5	Decrease	Nut: #5 almond	Phytonutrients, antioxidants	
08-03	Diseases - various	Increase	NutraSweet	Chemically derived food	Harmful artificial sweetener
092-62	Diseases - all	Increase	Nutrient reserves	Antioxidants	Consumed by stress, disease
092-62	Stress	Increase	Nutrient reserves	Antioxidants	Consumed by stress, disease
08-30	Antioxidants source	Decrease	Nuts	Antioxidants	Helpful spice
07-14	Nutrient absorption	Decrease	Nuts	Phytonutrients	Dry roasted -best

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
091-42	Diverticulosis	Decrease	Nuts -are good & OK	Phytonutrients, fats, fiber	Compatible food
07-20	Life span increased	Decrease	Nuts daily – no weight gain	Phytonutrients	Increases life span
08-48	Food preparation	Decrease	Nuts, #1 dry-roasted	Phytonutrients, antioxidants	
08-48	Food preparation	Decrease	Nuts, #2 raw	Phytonutrients, antioxidants	
07-20	Life span increased	Decrease	Nuts, (not coconut, chestnuts)	Phytonutrients	Increases life span
07-24	Harmless fat	- - -	Olive oil	Extracted monounsaturated fat	Empty calories
08-25	Choice: omega-3 oil	Increase	Omega-3 oil from fish (avoid)	Mercury. Vitamin A, PDBE	Poor source for DHA, EPA
08-38	Choice: onion	Decrease	Onion: red #1	Phytonutrients, antioxidants	10X more antioxidants
08-38	Choice: onion	Decrease	Onion: yellow #2	Phytonutrients, antioxidants	
08-32	Choice: orange	Decrease	Orange – juice (avoid)	Antioxidants, minerals, vitamins	whole orange beats juice
08-32	Choice: orange	Decrease	Orange –whole (is healthier)	Antioxidants, minerals, vitamins	whole orange beats juice
08-30	Antioxidants source	Decrease	Oregano	Antioxidants	Helpful spice
091-17	Helpful beverage	Decrease	Osmanthus tea	Theanine, phytonutrients	In Asian markets – also good
07-23	Heart disease	Increase	Partially hydrogenated oils	Trans fats	Reject foods with this fat
091-37	Pregnancy	Decrease	Peanuts - OK	Phytonutrients	Compatible food
07-15	Cholesterol lower	Decrease	Pinto beans (1/2 cup)	Phytonutrients	Cholesterol reduced 20 points
92-114	Lifespan increased, Best study - 2009	Decrease	Plant based, whole foods diet.	Telomere length increased; results in increased lifespan	Telomeres: the caps on the ends of our chromosomes. Telomeres shorten with age.
92-103	Antioxidants limit?	Decrease	Plant foods	Antioxidants	Antioxidants – NO limit
091-54	Weight control	Decrease	Plant foods		Vegans: stay at right weight
07-11	Chemical poisons	Increase	Plant foods	Pesticides on produce	Choose Organic if possible
07-11	Hypostasis	Increase	Plant foods	Pesticides on produce	Choose Organic if possible
07-13	Diseases - all	Decrease	Plant-based (whole food) diet	Dr Spock advice (1996)	Children's Nutrition improved
07-12	Diseases - various	Decrease	Plant-based (whole food) diet	Phytonutrients	Strive for wide food variety
07-33	Body odor	Decrease	Plant-based diet	Body sweat	Vegans smell best
07-03	Cancer: various	Decrease	Plant-based diet	Diet Avoids steroid hormones	Slows tumor growth rates
07-32	Children's IQ	Decrease	Plant-based diet	Comprehension	Vegan children: highest IQ
07-06	Constipation	Decrease	Plant-based diet	Plant fiber	Strive for wide food variety
091-56	Diabetes prevention	Decrease	Plant-based diet	Eliminate animal-source foods	Dietary treatment & reversal
07-32	IQ of Children	Decrease	Plant-based diet	Comprehension	Vegitarian IQs beat omnivores
091-49	Helpful nutrient	Decrease	Plants (most)	Aspirin (acetylsalicylic acid)	Low risk of bleeding

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
091-53	Harmful plastic	Increase	Plastic #3	BPA	AVOID
091-53	Harmful plastic	Increase	Plastic #7	BPA	AVOID
07-13	Diseases - various	Increase	Poor food choices	Uninformed doctors	Result: poor food choices
08-26	Parasites in food	Increase	Pork	Tape worms	Can invade human brain
092-99	Arsenic source #4	Increase	Pork (commercial growers) #4	Arsenic	Arsenic in feed
092-60	Anti-cancer foods	Decrease	Portfolio of vegetables	Phytonutrients combination	Teamwork among veggies
08-31	Choice: dessert	Decrease	Pumpkin pie (recipe given)	Antioxidants, minerals, vitamins	Recipe of year -2008
092-60	Anti-cancer food #5	Decrease	Radish	Phytonutrients, antioxidants	Good against stomach cancer
08-34	Choice: raisin	Decrease	Raisins #1: golden	Phytonutrients, antioxidants	High antioxidants
08-35	Choice: fruit 2	Decrease	Raisins #2 (vs currants)	Phytonutrients, antioxidants	Currants beat raisins
08-34	Choice: raisin	Decrease	Raisins #2: sun dried (dark)	Phytonutrients, antioxidants	
092-60	Anti-cancer food #5	Decrease	Red Cabbage	Antioxidants	High value source
091-57	Mortality	Decrease	Reduce or eliminate meat		Life span increased
092-68	Contaminated source	Increase	Restaurant quality	Employee hand washing Study	Employees rarely wash hands
92-102	Choice: rice 1	Decrease	Rice #1, red	Antioxidants	10X more antioxidants
92-102	Choice: rice 2	Decrease	Rice #2, black	Antioxidants	
92-102	Choice: rice 3	Decrease	Rice #3, brown	Antioxidants	
092-98	Contaminated source	Increase	Rice (non-US grown)	Arsenic	Linked to cancer, diabetes
092-98	Contaminated source	Increase	Rice bran	Arsenic	Arsenic in the soil
091-10	Artificial sweetener	Increase	Saccharin	No-calorie sweetener	Bad choice
092-61	Nutrient absorption	Decrease	Salad: eat w/ avocado or nuts	Fat acts as nutrient solvent	Nutrients blocked without fat
092-67	Fast foods quality	Increase	Salmon -grilled (2 nd worst)	Carcinogens	Choose alternative foods
092-83	Contaminated source	Increase	Salmon: organic farmed	PBDE – fire retardant	Worst fish contamination
091-51	Harmful condiment	Increase	Salt use	Arterial irritant	Even if blood pressure is low
92-109	Heart disease	Increase	Saturated & trans fats	Cholesterol	#1 cause of death in US
07-23	Heart disease	Increase	Saturated animal fats	Trans fats in meat & dairy	Reject foods with this fat
07-24	Harmful fat	Increase	Sausage&egg McMuffin	Saturated and trans animal fats	Increased inflammation
07-27	Cancer: liver	Decrease	Sea vegetables		Reduce cancer risk
07-27	Goiter	Decrease	Sea vegetables – Iodine source	Iodine deficiency	Natural iodine source
92-112	Choice: seeds 2	Decrease	Seed #1: flax seeds	Omega 3 oil, lignans, fiber	More fiber than chia seeds
92-112	Choice: seeds 1	Decrease	Seed #2: chia seeds:	Fiber	
092-89	Harmless supplement	- - -	Selenium supplements	Vitamin combination	Waste of money

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
092-82	Contaminated source	Increase	Shark oil	PCBs and Insecticides	Especially contaminated
091-26	Immune function	Decrease	Sleep: 7 hrs/night	Optimum immune system	Optimal sleep each day
091-27	Sleep	Decrease	Sleep: 7 hrs/night	Optimum immune system	Optimal sleep each day
07-20	Heart disease	Increase	Smoking	Toxic chemicals	Increases risk 50%
92-114	Telomere shortening Best study – 2009	Increase	Smoking shortens Telomeres most	Telomere length decreased; results in decreased lifespan	Lifespan reduced over 20 yrs
07-26	Recipe of 2007	Decrease	Smoothie: flax seed, cocoa, etc	Phytonutrients	Tasty and healthy
091-05	Harmful additives	Increase	Sodium benzoate (soft drinks)	Chemically derived food	AVOID
091-05	Hyperactivity cause	Increase	Sodium benzoate (soft drinks)	Chemically derived food	AVOID
091-10	Artificial sweetener	Increase	Sorbitol	No-calorie sweetener	Bad choice
07-15	Cholesterol lower	Decrease	Soy beans	Phytonutrients	Cholesterol reduced
08-20	Breast cancer: Type- estrogen receptor +	Decrease	Soy foods	Isoflavones, phytoestrogens	50% cancer risk reduction: consumption a good choice.
07-04	Cancer: endometrial	Decrease	Soy foods	Isoflavones	
07-04	Cancer: ovarian	Decrease	Soy foods	Isoflavones	
08-19	Diabetes type-2	Decrease	Soy foods		Diabetes risk reduced
08-19	Heart disease	Decrease	Soy foods		Cardiovascular Risk reduction
092-93	Hot flashes	Decrease	Soy foods	Phytoestrogens	Menopause symptom reduced
092-74	Infertility in males?	Decrease	Soy foods	Phytoestrogens	sperm count NOT reduced
092-74	Male infertility? Not	Decrease	Soy foods	Phytoestrogens	sperm count NOT reduced
092-93	Menopause	Decrease	Soy foods	Phytoestrogens	Hot Flashes reduced
08-19	Weight loss	Decrease	Soy foods	Isoflavones	Helpful food
08-40	Choice: soy 1	Decrease	Soy form #1: Tempeh	Isoflavones, protein	
08-40	Choice: soy 2	Decrease	Soy form #2: Edamame	Isoflavones, protein	
08-40	Choice: soy 3	Decrease	Soy form #3: Tofu	Isoflavones, protein	
07-21	Weight loss	Decrease	Soy protein	Protein	Vegans gain least weight
091-44	Weight loss strategy	Decrease	Soy protein replaces dairy	Phytonutrients	Soy blocks fat uptake
092-60	Anti-cancer food #5	Decrease	Spinach	Phytonutrients	Good against breast cancer
07-08	Contaminated source	Increase	Spirulina	Neuro-toxins	AVOID
091-31	Harmful plant	Increase	Spirulina: a bad risk	Toxins	2009 update: still AVOID
091-34	Harmful fruit	Increase	Star fruit	Oxalates high	Kidney risk
091-10	Artificial sweetener	???	Stevia	No-calorie sweetener	Unknown if a good choice

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
08-49	Anti-cancer food	Decrease	Strawberry (organic is best)	Phytonutrients	Cancer cell growth down 75%
091-10	Artificial sweetener	Increase	Sucralose	No-calorie sweetener	Bad choice
091-06	Hyperactivity cause	Increase	Sugar	Sucrose	Date sugar a better choice
091-07	Choice: sweeteners	Increase	Sugar vs corn syrup (same)	Glucose, sucrose	AVOID both
092-90	Harmful supplement	- - -	Supplement pill	Lutein	Best source: nuts, vegetables
092-90	Harmless supplement	- - -	Supplement pill	Lycopene	Best source Nuts, grains
092-90	Harmless supplement	- - -	Supplement pill	Selenium	Best source: nuts, grains
07-10	Food poisoning	Increase	Sushi	Fecal bacteria	Choose alternative foods
092-97	Food toxins?	Decrease	Sweet potatoes	NO toxins	Mayo ranked as top-10 food
091-13	Brainwaves altered	Decrease	Tea	Theanine, phytonutrients	Helps lymphocyte function
08-14	Choice: beverage	Decrease	Tea (black) vs Coffee (black)	Theanine in the tea	Black tea better than coffee
07-19	Choice: beverage	Decrease	Tea (green)	Antioxidants	Avoid green tea extracts
07-19	Choice: beverage	Decrease	Tea (green)	Theanine	Avoid green tea extracts
07-19	Lifespan increased	Decrease	Tea (green)	Antioxidants	Avoid green tea extracts
08-15	Choice: beverage #1	Decrease	Tea, #1 white	Theanine	Helps lymphocyte function
08-15	Choice: beverage #2	Decrease	Tea, #2 green	Theanine	Helps lymphocyte function
08-15	Choice: beverage #3	Decrease	Tea, #3 black	Theanine	Helps lymphocyte function
091-11	Choice: beverage	Decrease	Tea, chia	Nutrition without calories	contains antioxidant spices
091-17	Helpful beverage	Decrease	Tea, Osmanthus	Theanine, phytonutrients	
08-18	Anti-cancer food	Decrease	Tea: chamomile	Theanine	Cancer-preventing choice
08-18	Choice: beverage	Decrease	Tea: honeybush	Theanine	Helps lymphocyte function
08-17	Choice: beverage	Decrease	Tea: red (African)	Theanine	Helps lymphocyte function
091-16	Helpful beverage	Decrease	Tea: Tulsi	Theanine, phytonutrients	Am herbal tea - - good for us
08-16	Choice: beverage	Increase	Tea: Yerba Matè	Carcinogenic hydrocarbons	Harmful beverage
091-45	Dementia	Increase	Tofu (from/in Indonesia)	Formaldehyde added	Only in Indonesia Tofu
92-109	Heart disease	Increase	Trans fats & Saturated fats	Cholesterol	#1 cause of death in US
07-23	Heart disease	Increase	Transfats	High Cholesterol	Reject foods with this fat
091-46	Oxalates (soluble)	Increase	Turmeric	High oxalates (soluble)	These oxalates ARE problems
92-101	Contaminated source	Increase	Vaccine	Aluminum	
08-51	Best study - 2008	Decrease	Vegan diet	Phytonutrients, no animal foods	Repairs DNA damage
08-51	DNA repaired	Decrease	Vegan diet	Phytonutrients, no animal foods	Repairs DNA damage
07-30	Kidney function	Decrease	Vegan diet	Plant-based diet	Better kidney function

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
07-30	Life span increase	Decrease	Vegan diet	Plant-based diet	Increased by 10 yrs
092-59	Vitamin B12 deficiency	Decrease	Vegan diet	B12 Supplement needed by those on plant-based diets	Vegetarian's Myelopathy; 60% Vegans deficient in B12
07-27	Diseases - various	Decrease	Vegan vs Omnivore	B12 Vitamin deficiency	Both test as deficient
08-49	Teamwork among foods of Vegan Diet	Decrease	Vegetable & fruit variety	Food nutrients - all	Wide variety is best strategy; slows cancer growth
091-43	Constipation	Increase	Vegetables: Insufficient in diet	Fiber insufficient	1 in 3 preschool age kids
07-30	Weight control	Decrease	Vegetarians & Vegans	Low or no animal-source foods	Weight reduction strategy
092-58	Mortality	Decrease	Vegetarians, American	Amt of dairy eaten is lower?	Live longer than British
092-58	Mortality	Decrease	Vegetarians, British	Amt of dairy eaten is higher?	Live shorter than Americans
92-100	Food comparison	Decrease	Veggie chicken vs chicken		Choose veggie chicken
092-66	Carcinogens?	Decrease	Veggie-burgers fried	NO carcinogens found	
08-46	Food preparation	Decrease	Veggies, nuts, legumes, grains	Cooked foods better than raw	Cooking releases nutrients
08-46	Food preparation	Decrease	Veggies, nuts, legumes, grains	Raw vs cooked foods	Raw means fewer nutrients
08-47	Food preparation	Decrease	Veggies, nuts, legumes, grains	Boiled vs steamed	Steamed: more nutrients
08-47	Food preparation	Decrease	Veggies, nuts, legumes, grains	Boiled, microwave are same	
08-47	Food preparation	Decrease	Veggies, nuts, legumes, grains	Steamed (healthier) vs boiled	Steamed: more nutrients
08-48	Food preparation	Decrease	Veggies, nuts, legumes, grains	Raw foods not necessarily healthier	
08-07	Harmful item	Increase	Vitamin A supplements	Vitamin A	Avoid Vitamin A supplements
07-29	Diseases - various	Decrease	Vitamin B12 supplement	Vitamin B12 deficiency	Deficiency, especially vegans
07-29	Spinal cord rotted	Decrease	Vitamin B12 supplement	Vitamin B12 deficiency	Deficiency, especially vegans
08-10	Helpful item	Decrease	Vitamin B12 supplements	Vitamin B12	Taken via supplements
092-87	Harmless supplement	- - -	Vitamin C Supplements	Vitamin C	Waste of money; Best source: whole foods
08-10	Helpful item	Decrease	Vitamin D intake	Vitamin D	Taken via skin & supplements
08-06	Harmful item	Increase	Vitamin E supplements	Vitamin E	Avoid Vitamin E supplements
07-13	Lifespan reduced	Increase	Vitamin pill supplements	Vitamins A, E , Iron	Risk toxic overdose
07-28	Iodine deficiency	Decrease	Wakame (good iodine source)	Iodine source	Also has many other nutrients
07-23	Fats: good fats	Decrease	Walnuts	Omega-3 fat source	Body converts to DHA
07-24	Helpful fat	Decrease	Walnuts (handful)	Whole food omega 3 and 6 fats	Reduced inflammation
08-43	Choice: beverage	Increase	Water: 2 bottled	Purity: chemical & biological	Tap water beats bottled

Dr. Greger's Latest in Clinical Nutrition DVDs: Content Index

Index**	Problem/Opportunity	Risk	Food or Source Sorted	Active agent(s)	Notes
07-16	Choice: fruit	Decrease	Watermelon	Citrulline amino acid	Produces arginine amino acid
092-94	Gluten intolerance	Decrease	Wheat gluten	Gluten -1 in 134 people intolerant	No problem for 99.3% of us
07-22	Diseases - various	Increase	White bread	Nutrient deficiency	Choose whole foods
091-29	Cancer: various	Increase	White bread -not worth eating	Empty calories	50% cancer risk increase
07-22	Diseases - various	Increase	White flour (25 nutrients out)	Nutrient deficiency	Choose whole foods
092-96	Food toxins	Increase	White potatoes (baked)	Toxins: glycoalkaloids	Avoid white potato skins
091-29	Cancer: various	Increase	White potato-not worth eating	Empty calories	50% cancer risk increase
092-98	Contaminated source	Increase	White rice	Empty calories	Choose brown or red rice
092-75	Zinc deficiency ?	Decrease	Whole grains, beans, nuts	Zinc nutrient	Excellent zinc sources
07-13	Diseases - various	Decrease	Whole vegetables & fruits	Whole food variety Inadequate	Goal 9/day fruits & veggies
08-24	Choice: fish sources	Decrease	Wild Fish vs farmed fish	Mercury, PDBE, pesticides	Wild is better, but still risky
091-10	Artificial sweetener	Increase	Xylitol	No-calorie sweetener	Bad choice
092-60	Anti-cancer food #5	Decrease	Yellow Onion	Phytonutrients	Red Onion better choice
08-16	Choice: beverage	Increase	Yerba Matè tea	Carcinogenic hydrocarbons	Harmful beverage

**** Description of Index Entry Notation**

Index Notation Example	Explanation: For Given Index Example, Go to this DVD Video Segment
07-33	DVD for Year 2007, Segment 33
08-03	DVD for Year 2008, Segment 03
091-57	DVD #1 for Year 2009, Segment 57
092-58	DVD #2 for Year 2009, Segment 58
92-114	DVD #2 for Year 2009, Segment 114