Recently, three popular nonmedical nutrition books were the topic of conversations with several healthcare professionals and other professionals. Here is a brief synopsis of the three new diets: *The China Study* (Campbell & Campbell, 2006), *Forks Over Knives* (Stone, 2011), and *Lose the Wheat, Lose the Weight* (Davis, 2011).

**Synopsis.**
Campbell and Campbell (2006) base their recommendations on the results of their extensive assessment of the nutrition habits of the Chinese, along with their associated health outcomes. They offer eight principles of considering nutrition, some of which are as follows: nutrition involves consumption of many food substances; nutrients obtained from plants are similar to those obtained from animal-based foods; nutrition plays a role in gene expression; nutrition can control adverse effects of noxious chemicals; nutrition has disease-preventive and -reversal actions; and health is influenced by good nutrition. Foods to be avoided include meat, poultry, diary and eggs while carbohydrates, vegetable oils, and fish should be eaten sparingly. Vegetables and fruits comprise the major foods in this diet. Each chapter is supported by a robust reference list.

Stone’s (2011) book extends the discussion about the benefits of a plant-based diet, offering six key principles: (1) Ingest plants, the closer to its natural state, the better; (2) avoid overly processed foods” (p. 5) (nothing new with that principle!); (3) additives and preservatives should be avoided; (4) avoid dairy products; (5) choose foods rich in carbohydrates such as broccoli; and (6) protein needs are met with a plant-based diet. Although a robust reference list is absent, there is an extensive repertoire of recipes. Davis (2011), a preventive cardiologist, shifts the discussion from the benefits of a plant-based diet to a diet in which wheat and wheat products are eliminated. He suggests, based on evidence, that there is a relation between wheat ingestion (gluten) and obesity, diabetes, hip and joint conditions, the aging process, and cardiovascular diseases. He argues that wheat products stimulate the appetite, increase insulin, and LDL production, thus contributing to negative health outcomes. Consequently, wheat products should be removed from the diet. Nonwheat grains may be ingested in limited quantities. Similar to the diets offered by the other two authors, Davis encourages the consumption of vegetables, select fruits, and raw nuts. Consumption of meat and eggs to meet appetite signals is encouraged. Dairy products in “the least processed form” (p. 217) are permitted. Although ingestion of cheese is permitted, individuals are encouraged to limit the consumption of dairy products such as cottage cheese, milk, and butter.

**How do these diets compare with the 2010 Dietary Guidelines for Americans?**
(United States Department of Agriculture [USDA] and the Department of Health and Human Services [DHHS], 2010). The most recent guidelines published jointly by the USDA and DHHS (2010) support select aspects of all three diets. Current recommendations, based on evidence, are to balance caloric intake, consume nutrient-dense foods such as “vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans, and nuts and seeds” (p. ix). Individuals are encouraged to balance nutrient intake to maintain a healthy weight.

**What can nurses do?**
Being familiar with the most popular nonmedical nutrition books is a first step in being able to converse knowledgeably with patients and family members. However, the conversation needs to be placed within the context of current recommendations, thus it is critical that nurses are familiar with USDA and DHHS (2010) recommendations. A major caveat to keep in mind is that moderation in consumption of all foods enhances an individual’s health. No major changes in diet should be undertaken without having a discussion with a healthcare provider.

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