The Use of Traditional Nutritional Wisdom in Modern Nutrition Research – Thoughts on Some Important Sources of Information for Nutritional Epidemiology

Ulrich Ottersdorf

Summary

Annawick research looks at treatments of obesity, hypertension, stress, and other conditions on our food system, and how others use data to understand these trends. Since the early days of meal-related studies, many different residency experiments have been conducted. Quality and quantity of food and different foods are important factors in the experiments. The potential benefits of each modern treatment are discussed by some examples.

Zusammenfassung


What is the interest of a food habit researcher in the topic of traditional nutritional wisdom? The answer is related to a general task of nutritional research: to ask why, how, what we can, what we eat, and whether the effects of our habits on our health and to our health? Never does a habit exist in a single person or in a single community. It is not possible to study a single person in a single community, so the research has to be cross-sectional and longitudinal. Only then can we understand how the habits are formed and how they affect our health. Unfortunately, there is less use of these ordinary daily experiences.

It can be taken for granted that everyone has to watch out carefully what he can, because a method means limiting the consumption of foodstuffs and then to ask in detail. During former times, the empowered were aware about it and introduced food quality control measures by human experimentation, they employed "King's Hosts" (Volunteer). Therefore, all had men to avoid new food, this helped to limit the strategy to reduce the risk. On the other hand, we are aware men are very careful. The confidentiality enables our potential to survive and to spread all over the world. Humans can enjoy all plants and animals are living in all geographical and climatic regions. Overall, there are very different food habits amongst the world population, in specific living situations and specific ecological habitats, one can observe rather stable food habits. These considerations lead to thoughts on the expectations of food quality. Food quality is not an entity, it appears as a dynamic topic (Fig. 1). Each of these aspects of the "eating human" is able to perceive rather than simple representation, e.g. the organo-analytic properties, the economical value, the taste, the abundance of foods and even their wholesomeness. How men's own experiences are valid, but these individual evaluations change during life.
foods as hunters and gatherers. They are a huge variety of plants and animals, which lead to an equal distribution of risks. After the post-Glacial, the human diet was more balanced, incorporating a wider variety of plants and animals. This change was likely due to the domestication of crops and animals, leading to a more stable food supply and improved nutrition.

During the third stage of evolution, the human diet became more varied and complex. The human diet has evolved from a hunter-gatherer diet to a more diverse and balanced diet. This evolution has been driven by cultural and environmental factors.
Fig. 2: Examples of the similarity of nutrient intakes of vegetarians and non-vegetarians.

### Berlin Vegetarian Study

<table>
<thead>
<tr>
<th></th>
<th>Vegetarian (in percent of total caloric intake)</th>
<th>Non-Vegetarian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>38.2</td>
<td>38.4</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>47.0</td>
<td>42.5</td>
</tr>
<tr>
<td>Protein</td>
<td>12.8</td>
<td>14.2</td>
</tr>
<tr>
<td>Alcohol</td>
<td>1.9</td>
<td>4.9</td>
</tr>
</tbody>
</table>

### Seventh Day Adventists in the U.S.A.

- **Actual Dietary Intakes (% of the RDA)**
- **Quality of the Diets (% provided by 100% of the RDA for energy)**

Reported 24-h dietary intakes of vegetarians and omnivores.
--- RDA, --- 24-h dietary intakes of vegetarian women, and --- 24-h dietary intakes of omnivorous women.
involved (Fig. 1). They are essentially their own internal experiences: if there is still a kind of food intake, only its influence has diminished completely. The distance between the individual human and its foods is steadily increasing leading to a considerable loss of personal experiences in the “Eating Human.” The development of nutritional research leads to the attitude that experiences are useless or even wrong. The few examples of consumption of traditional dietary guidelines with-and-without show their similarity. In Fig. 3 there are examples for beneficial traditional food habits which have been proven by modern nutritional sciences. It may be pointed out that this is a positive selection, in all areas of the world there are also negative food habits. One should be aware, even a seldom can draw wrong conclusions.

Other interesting research topics are related to the traditional mechanisms of dealing with environmental food impacts (Fig. 4). The already mentioned strategies in food selections have widespread reasons to increase the availability of nutrients and to decrease even to remove the total substances. These lead to the human intake substances are being the point of view of species necessary for their defense. The biological meaning of a seed is related to the continuation of the species and to severe as a food. If mankind decreased the internal resistance of the food species (because their material qualities), it becomes increasingly important to protect the food crops by external use of artificial chemicals (e.g., pesticides).

The traditional food preparations are in most cases very sophisticated and modern food research has verified. Good examples one can identify to the processes of fermentation of foods, which are found in many traditional cultures. Fermentation of milk (cheese), yogurt, kefir, sourdough are not only preserving the food, but also increasing protective substances. Another array of such examples are the traditional ethnomedical processing methods in...
Fig. 5
Examples of research areas for nutritional sciences using traditional food habits
- variations in human food intake
  - Direct food intake vs. medicine intake
  - Medicinal intake in longevity
- variations in human nutrition (environmental factors)
- potential of human adaption, relation to inadequate food habits in
  physical and mentalption
  e.g., obesity, lipids, efficiency in relation to
  working efficiency, fertility,
- optimization of digestible carbohydrates,
- protein deficiency in relation to
  adaptation of intestinal microflora,
  infections,
  mental illnesses,
- guiding of hypothesis in nutritional disorders
  (traditional epidemiology), e.g.,
  - observation of nutritional deficiencies
  - hypothesis in nutrition and cancer
  - observations during the Aids

Asian households. Again, preservation, removing of toxic substances, improving digestion and the availability of nutrients (e.g., providing vitamin B1) in traditional vegetables seems are the results of such traditional food preparations. It is so a mixture how efficient people could develop such good food practices. These few tips should lead finally to some further thoughts on the possible research areas for nutritional sciences by making more thorough use of traditional food habits (Fig. 5). This research can only be done by interdisciplinary studies. The respective authors have to be concerted one within the society. The appropriate methods are developed in the field of nutrition epidemiology: this empirical discipline is emerging and one can collect informations of the myriad of daily nutritional experiments of humans. This is in the sense of a traditional Chinese proverb: "Start with that, what the people already know. Base on that, what they already practice."

Literature
BIRLS, W.H., 1959. Nutritional benefits of Vegetables and Nutri-
128.
Food and nutrition habits of the grazing and domesticated animals. (1989) Food, Am. J. Dis.
KING, J. S. 1992. The Marketing strategies. Appro-
522-530.

Keywords: Nutrition research, traditional nutritional wisdom, food habits, epidemiology

S publicity: Frühkindliche Versorgung, traditionelle Ernährung, epidemiologische Studien, Ernährungswissen