

I have read and analyzed a lot of books in the past but this project gave me the opportunity to not only read and analyze a book but put my research abilities to work and conduct a critical review of a book that has influenced many people. Dr. John McDougall's concept of high-starch, low fat, plant-based concept to the starch solution but it was my task to take this book and turn my thoughts into a short radio script. I have been able to talk about a book and reflect on how it could be accurate or not but being able to keep it within a short time frame was the challenging part.

Initially, I began this project with an open mind and a little skepticism because of the very restrictive diet and my exposure in the past with these types of diets and the structure kings has instilled in me to think about a well-rounded nutrition profile and not dismissing any food items. After reading the book and conducting my research with cohort studies and meta-analysis and the findings is what I somewhat expected. The evidence did not support the books claims but it had comparable outcomes with low carb, mediterranean, and high carb diets. So many would take these results and ask which diet I should I go on? But the right question should be which lifestyle is suited for me, that I can enjoy, maintain my health and not feel restricted. While working through the studies and formulating my rough draft, it helped me construct a process of using an evidenced based system to critique something without confrontation and removing your bias as much as possible, all while presenting all relevant evidence.

After I completed the project, I found that I need to work on the short version of things to help empower listeners and help them build their autonomy and help them learn about sustainable health and enjoyment with their food. An unexpected outcome was the insight I got when trying to make a short, segmented project by condensing does of studies and the entire book into easily

digestible information that would keep the audience engaged. I also learned that while we all love to get the information out to the public, we need to be able to digest the information then regurgitate it out so the public can understand the key concepts. This project only built on my nutritional foundation that there is not a single dietary ideology for everyone but a well-rounded lifestyle to help sustain long term healthy behavior using evidenced based knowledge. In retrospect, this project helped me understand that I need to work on consolidated speaking and ensure that in the future, I break down what I learned and help the audience better understand the information in a small presentation.