**(Corpulence & Coronary—Part V)**

**A “Microbe Munchie” Rich Diet in the 21st-Century World. The Crucial Role of Breakfast and Exercise.**

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 **Synopsis**

* Grain milling changed dramatically in the 1890s, a big drop in microbe munchies resulted. Coronary heart disease (CHD) was first reported 30 years later. In early the 1900s there began a dramatic rise in cigarette smoking. Both smoking and decreased food fiber (microbe munchies) are known to increase whole body inflammation, coronary arteritis, arteriosclerosis and coronary heart disease (CHD).
* CHD peaked in the 1960s and has since lessened (coinciding with a decrease in smoking) but the decrease in microbe munchies has accelerated massively. Vitamins (such as K-1 and K-2) and statin-like microbiome-produced factors would, likely, have decreased or disappeared as a result. This munchie drop was due, at least in part, to a request to food processors from the US Dept. of Health and Human Services (in the 1980s) to increase to 5,000 items the availability of foods low in total fat, saturated fat and cholesterol.
* How then do we now plan, choose and consume three meals a day in a 21st-century world so as to reverse a 100-year drop in munchies? That trend has increased the calorie content of the human food (upper) pyramid and decreased the caloric contribution of the microbe munchie (lower) food pyramid, almost to the vanishing point.
* We can begin with the top five sources of calories in the American diet. These are: #1...grain-based deserts (pies, cakes, donuts, etc.), #2…yeast breads, #3…meat, #4…sugar-sweetened beverages—sodas and sports drinks, and #5… pizza.
* Eating only whole wheat pizza corrects #5; drinking only water #4.
* A vegetarian/vegan diet that trades tofu for meat and meat dishes rectifies #3.
* Eating only whole grain yeast breads will remedy #2 but #1 almost always involves intake of enriched flour since some pies, cakes, donuts etc. are going to be consumed. This will require redress by the introduction of a compensatory amount of grain-based ‘**dessecorp**’ food dessecorp foods are ‘processed’ foods—reverse-engineered—for those who are recovering from obesity--and need time to reset their ‘appestat’.
* At breakfast ‘**dessecorp**’, whole grain cereals, rich in “munchies” can be most easily introduced—allowing for ‘**token’** pies, cakes, pastries etc. later in the day.
* Remainder of diet? **Whole foods;** for these are typically upper/lower gut balanced.
* Adequate exercise (40 minutes a day) rounds out the 21st-century dietary program.

 **References**

* *What Americans Eat: Top ten sources of calories in the U.S. Diet***,** Harvard Health Publishing, Source: Report of the 2010 Dietary Guidelines Advisory Committee
* *Cardiovascular Disease Death Before Age 65 in 168 Countries Correlated… with Tobacco…Exercise…and Vitamin K, Cundiff DK, Agutter PS, Cureus 8(8) 2016*