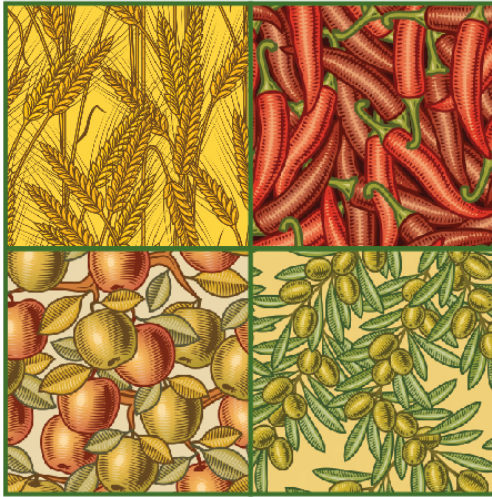




OLDWAYS FINDING COMMON GROUND

A SCIENTIFIC AND MEDIA CONFERENCE



OLDWAYS FINDING COMMON GROUND

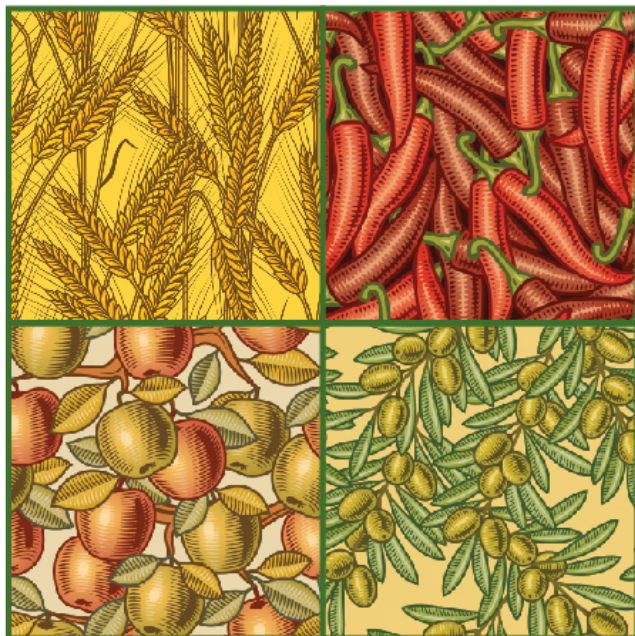
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WELCOME

Sara Baer-Sinnott
President, Oldways

WELCOME

- **What is Finding Common Ground?**
- **Why is Oldways organizing it?**
- **Who are we?**



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WHY?

- to craft a unified, clear message about eating well
- to examine the ways that nutrition messages get distorted – and why
- to unite scientists and journalists in a positive campaign for better public health



VISION

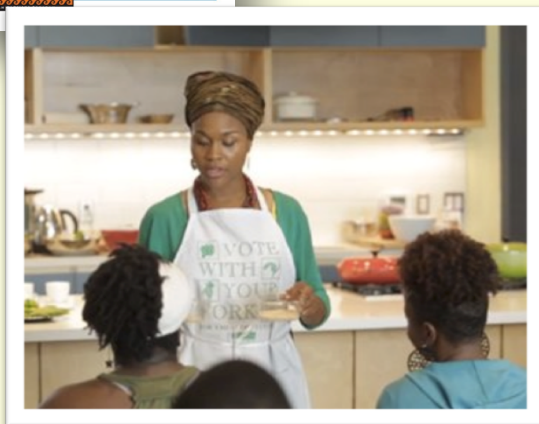
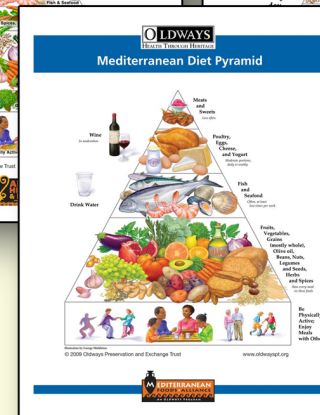
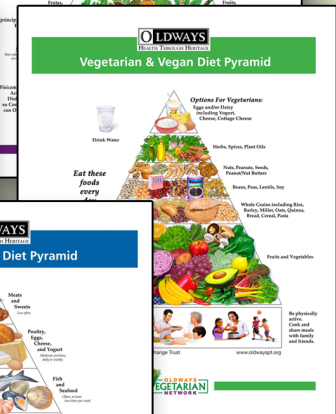
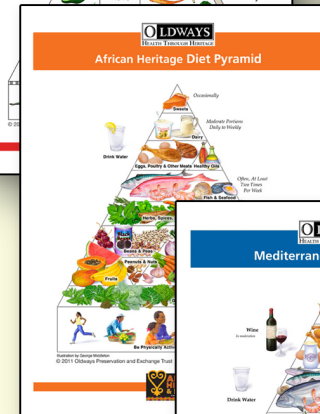
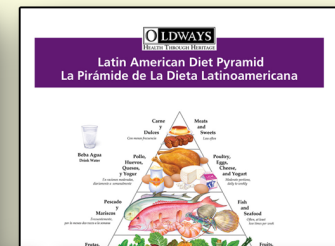
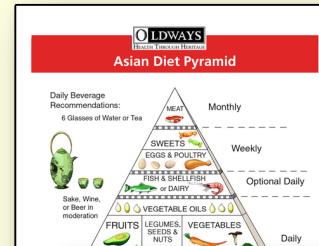
- Value in preserving cultural and culinary traditions for future generations
- Heritage foods and ways of eating are delicious, healthy and nutritionally sound.
- Heritage diets are sustainable.



TRACK RECORD

- **Emphasizing cultural diversity**
- **Bridging the gap between nutrition and food**
- **Helping people make connections**

CULTURAL DIVERSITY

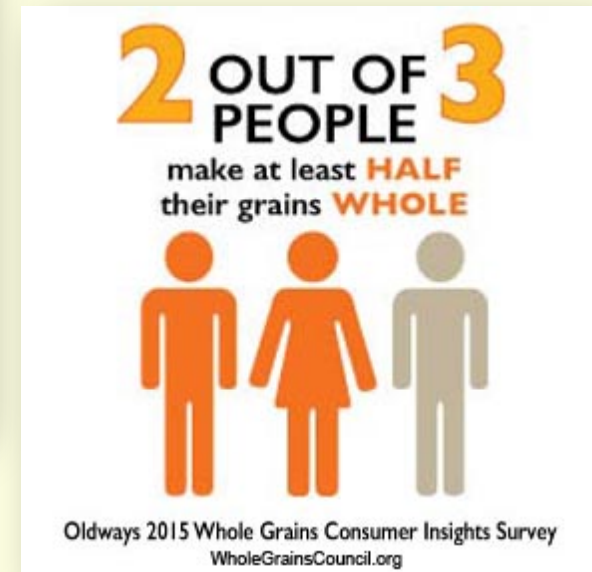
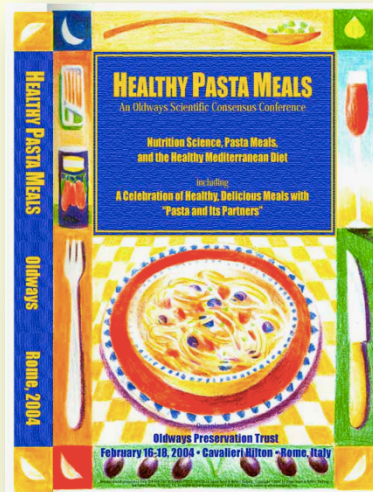
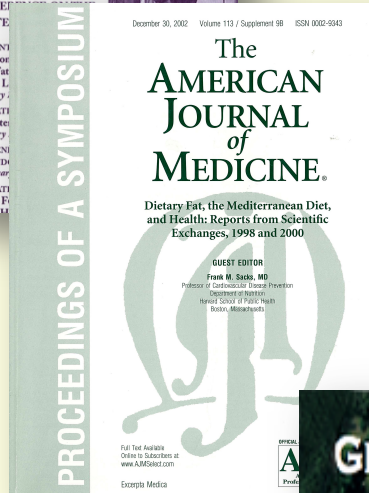
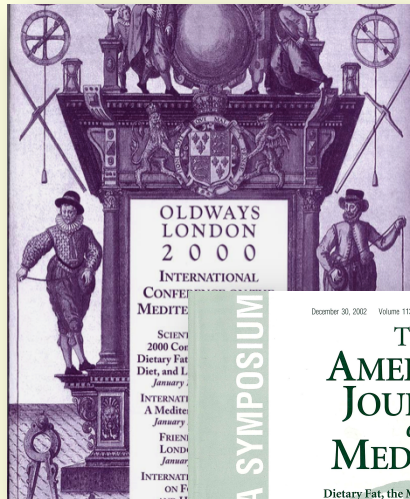


CULTURE

- Improvements in weight, blood pressure & weight
- Changes in behavior: more vegetables and more cooking
- Motivator for change

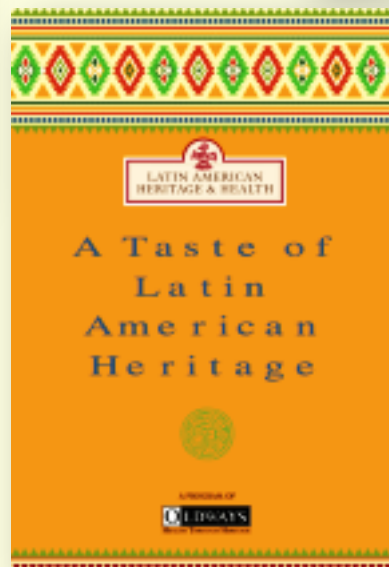


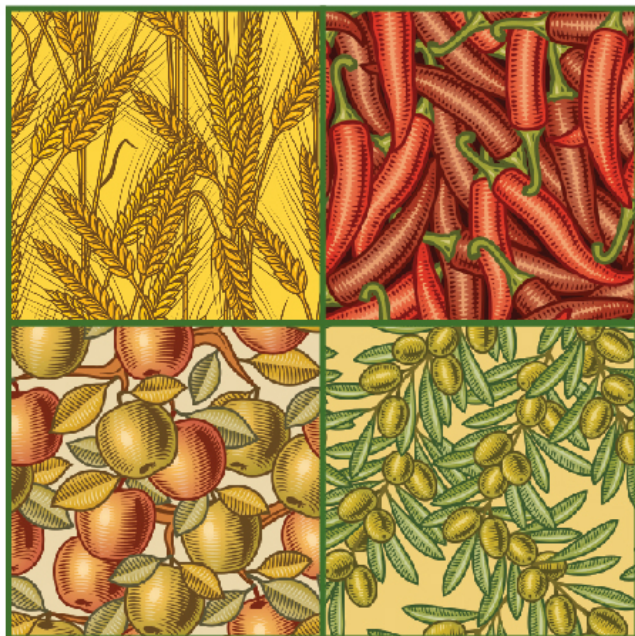
BRIDGING THE GAP



GLYCEMIC INDEX, GLYCEMIC LOAD AND GLYCEMIC RESPONSE
AN INTERNATIONAL SCIENTIFIC CONSENSUS SUMMIT

CONNECTIONS





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