

To the Editor:

In “Be Merry, Not Ancient” (Week in Review 4.9.2006) Frank Bruni uses humor to lure readers into a false trade-off: pleasure or longevity. Pig out and enjoy life, he exhorts, even if you die sooner.

But tell us, what’s enjoyable about dragging around extra fat and coping with high blood pressure, heart attack, and diabetes? Distorting recent findings on fat and cancer, Bruni ignores decades of evidence and consensus among nutritionists that a whole foods, plant-centered diet is healthiest. Plus, its richly diverse flavors, texture and dishes enhance life’s pleasures. How tragically irresponsible is Bruni’s false frame in a society where the soaring medical costs of diet-related disease already rival those from tobacco and where nearly one in three American children is likely to develop diabetes?

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