

NEWS BREAK

Article: **More evidence that food quality counts more than dietary dogma**

Section: **THE MIX, E10**

Sunday's News Break selects an article from **Sunday, May 31, 2026**, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

Feel free to adapt this lesson for your students. For instance, some educators may assign this as a homework task, while others might facilitate the reading and discussion of questions within small groups or larger class discussions.

****Please take a moment to review all NIE content before classroom use to ensure it is suitable for your students.****

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Learning Objectives:

After reading the article, students will analyze how different eating patterns can affect heart health and will be able to explain why the quality of food may be more important than whether a diet is low in carbohydrates or low in fat. Students will evaluate research findings that show how whole, minimally processed foods can reduce the risk of heart disease and discuss how nutrition choices can impact long-term health and wellness.

Pre-Reading Discussion:



- What do you think the article will be about, using this picture?
- Are there any clues? What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the meaning of the word.

“But how, when they seem so **diametrically** opposed?”

Diametrically Guess:

Diametrically Definition:

Comprehension Questions:

1. A recent study found that healthy versions of both low-carbohydrate and low-fat diets, which emphasized plant-based foods, whole grains and unsaturated fats, were associated with a significantly lower risk of what?
2. Which two of the three macronutrients strike terror in so many people?
3. The lack of clarity is largely because of _____ among various studies investigating these diets.
4. A study published this year cleared up some of the confusion by looking at the role of _____ within low-carbohydrate and low-fat diets.
5. Researchers analyzed more than 30 years of _____ from 198,473 participants across three large, long-running observational studies: the Nurses’ Health Study, NHSII and Health Professionals Follow-up Study.
6. Researchers assessed participants’ diet patterns with _____ questionnaires, then scored the healthfulness of these patterns based on the quality of the foods eaten.

7. Researchers found that versions of low-carbohydrate and low-fat diet patterns that emphasized carbohydrates, proteins and fats from healthful foods were associated with a lower risk of coronary heart disease, while versions derived from unhealthy foods were associated with a higher risk. Share 3 specific findings that the article highlighted?
8. The study authors said their results suggest that healthful low-carbohydrate and low-fat diets may share common _____ that improve cardiovascular health.
9. In case you're wondering, they noted that their findings may not be generalizable to more extreme dietary patterns. For example, diets with very low-carbohydrate intake, such as the _____ diet, or very low-fat intake, such as certain plant-based diets that restrict fat to 10% of total calories.
10. This study adds to existing research showing that a "healthy" diet isn't about a certain ratio of macronutrients as much as it is about _____ — essentially, that focusing only on how much carbs or fat a food has without considering the overall food itself is like failing to see the forest for the trees.

Class Discussion Questions:

- What surprised (or stood out to) you in the article?
- At first, I thought _____, but now I think _____?

Deeper-Dive "Connect & Explain" comprehension questions for small groups, entire classes or journal entries and/ or essay prompts for extended enrichment:

1. The article suggests that food quality may be more important than whether a diet is low in carbohydrates or low in fat. Why do you think many people focus on specific nutrients instead of the overall quality of the foods they eat?
2. How does this research challenge common diet trends and messages that people see on social media, television, and in advertisements?
3. Why might whole grains, fruits, vegetables, and unsaturated fats provide greater health benefits than highly processed foods, even when the foods contain similar amounts of carbohydrates or fat?
4. The researchers used data collected over more than 30 years. Why might long-term studies provide valuable information about health and disease prevention?
5. How might factors such as income, culture, food availability, family traditions, and education affect a person's ability to follow a healthy eating pattern?
6. If you were designing a nutrition program for teenagers, how would the findings from this article influence your recommendations?

7. Why do you think misinformation about nutrition spreads so easily? How can consumers determine whether nutrition advice is trustworthy?

Extended Essay Prompts

Health Equity and Nutrition: Examine how economic factors, food deserts, education, and access to healthy foods influence a person's ability to follow the recommendations described in the article.

NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register online](#) or call 206/652-6290 or toll-free 1-888/775-2655. Copyright © 2026 The Seattle Times Company