

## PREVIEW\_ Ivor Cummins - Presentation (BRECK 2017) 1

**Ivor Cummins:** So now we're going to look at some refined mice. I don't really like mice. But does refined food make refined mice or fat mice? So this is a great little study and you can see here that the bottom graph is the weight gain for mice on proper standard chow.

And the upper graphs are the mice that got sugar and fat, which they call Western, or high-fat diet which has always got sugar. They tell you it's the high-fat diet that screws up the mouse, but it has always got sugar. So that's very deceitful and it annoys me...

But anyway you make fat mice with these diets. But what happens when you grind up each of these diets? Don't mix them together, you grind up each one into powder and you let the same mice adlib feed on them. What do you think it will happen? Do you think the good chow pellets standard will become worse? Probably.

And the fat ones can't get much worse, right? Well, this one even surprised me because that's what happened. I didn't even have to label the plot lines because they're all on top of each other. So I think it illustrates, even though these are mice, not humans, the immense potential influence of grinding up food in a way it would not have been done evolutionarily. And I think is a great experiment.