

Ancel Keys

Keys studied the diets of Mediterranean people.

- Born January 26, 1904.
- He received two doctorate degrees, one in oceanography and biology at University of California, Berkley in 1930 and a second Ph.D. in physiology at Cambridge in 1938.
- He established the Laboratory of Physiological Hygiene at the University of Minnesota and worked there from 1939 until his retirement in 1975.
- Keys is a major scientist of our times.
- He was one of the first to study the human relationship between 1) body build and blood pressure and 2) diet, blood cholesterol, and coronary disease.
- He developed the emergency K-Rations the U.S. military used during World War II.
- Keys studied whole populations looking at diet and lifestyles. He suggested these two factors are the major cause of different rates of heart disease among different populations.
- Keys and his wife, Margaret, saw the health benefits of the Mediterranean diet and made the diet popular by writing books about it.
- Keys has had a major influence on food choices and eating patterns of the public.
- Keys felt it was important for those in the healthcare profession to take personal responsibility and model a healthful lifestyle for their families and patients.



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