

Everything in Moderation – Answers to Common Questions

Dr. Andreas Eenfeldt: So we're often told that you should eat everything in moderation. What would you say about that?

Dr. Hallberg: Arsenic in moderation? Is that what you should do? I mean let's face it, I mean people are intolerant of carbohydrates and so that line of reasoning is crazy.

If someone has lactose intolerance, do we say, "It's okay in moderation"?
No, because they are miserable when they eat it. And why is it any different for carbohydrates?

I mean the fact of the matter is that might be true if human beings had to have carbohydrates to function. But the fact of the matter is, and the big secret... Because when I tell people this, they are always surprised, is...

We don't need carbohydrates, I mean human beings do not have to have them to function. So if you are intolerant to them, why...? Why would we go back to the argument that you have to eat them in moderation? That doesn't make any sense.

Dr. Andreas Eenfeldt: People often say that you're supposed to eat everything in moderation.
What do you think about that?

Dr. Chatterjee: I think that that may have worked 50 years ago, but the health of the populations moved on, such as so many people have problems that actually everything in moderation doesn't work for them.

If you got type 2 diabetes, you know what? You've got to make some sacrifices to get your body back, to be able to tolerate those sort of foods if you choose to go back.

So I think everything in moderation might be fine if you're healthy, if you're insulin sensitive.

But the majority of people I see are not, so I don't think that necessarily applies.

Dr. Andreas Eenfeldt: So it doesn't work?

Dr. Chatterjee: I don't think it works at all, no.

Dr. Andreas Eenfeldt: Often people say that you're supposed to eat everything in moderation.

What would you say about that?

Dr. Westman: Even junk food... in moderation? No, I don't think so. You know, this idea of food groups... This was just a governmental concoction. The food groups. And I don't think that everything in moderation really is the key for ideal health or optimal health. It will depend on the individual.

So, right, everyone could have fruit or apple pie here, or something like that... I don't know, not if you're really insulin resistant. Especially if you're trying to do a low carbohydrate lifestyle, then that's not true.

Dr. Andreas Eenfeldt: People often say that you should eat everything in moderation. What do you say about that?

Dr. Fung: I think that's the wrong idea, and it gets back to that sort of calories idea, where everything is kind of the same.

So if you understand that losing weight is about trying to lower insulin, then you can understand that certain foods, which stimulate insulin a lot, that are very fattening foods, need to be severely restricted if you want to lose weight.

So things like sugar and refined grains for example, they will stimulate insulin a lot. Therefore you must severely restrict them, not in moderation. You need to really severely restrict them.

On the other hand certain foods, which are higher in fats, say avocados for example, very high in fat, they really have much less effect on insulin. Therefore there is no real reason to moderate them.

Olive oil, for example, if you want to spread a lot of olive oil on your salad or on your meats, or whatever, there's no reason to put it in moderation. Because you understand now what is fattening, what is not fattening. It all comes down to the insulin effect.

So everything in moderation means that everything is the same, but they're not. So therefore fattening foods, the high insulin foods, need to be not just cut in moderation, but really go down to very low. Otherwise you will have problems with weight loss.

Dr. Andreas Eenfeldt: We're often told that you are supposed to eat everything in

moderation.

What would you say about that?

Dr. Shanahan: Yes, that philosophy worked really well until we totally reworked our environment. You know, our environment used to be lots of edible stuff and we cultivated it to be extremely healthy.

So everything that was in our environment was put there partly by us to be edible. Now it works... not at all... It's a very dangerous concept. Because everything in moderation... at the grocery store... the vast majority of it is not even really food, it's all processed.

So it's a... It's kind of... What I agree with about it is the idea that variety is important. But it's a little bit too unsafe these days.

Dr. Andreas Eenfeldt: So it could be dangerous to eat everything in moderation?

Dr. Shanahan: Yes, now, right.

Dr. Andreas Eenfeldt: Often people say that you're supposed to eat everything to moderation.

What do you think about that?

Dr. Brukner: Well, I think eating in moderation is right. We probably all eat more than we really need to... to eat. I mean I think you should eat when you're hungry. We're very fixed on this sort of three meals a day, therefore we have to eat.

But I think eating bad things in moderation is obviously not good. So I think it's more important.... There are two factors, you know...

A - don't eat too much, but B - you got to eat the right things.