

Preview Interview - Aseem Malhotra

Dr. Malhotra: You can't outrun a bad diet.

Dr. Eenfeldt: The food industry really want to put emphasis on physical activity and people being not active enough, and that's the problem. But you have quite a different view, right?

Dr. Malhotra: Absolutely, so I think there are two things to say. One is no one can deny there are a multitude of health benefits from regular physical activity.

Dr. Eenfeldt: Sure.

Dr. Malhotra: There's no doubt about that. You know, doing a 20 minute brisk walk a day can do wonders for your health and is good evidence to support that. But as far as obesity is concerned, I would say they completely have nothing to do with each other. We know in the last 30 years as obesity had rocketed average levels of physical activity haven't changed very much in the Western world.

And there's very good dates from that where it suggests that obesity epidemic is all about the types of calories that we are consuming. And I believe that the biggest driver behind that is refined carbohydrates. So what's happened is the food industry have used this physical activities is what you need to do to deflect actually from their own irresponsible marketing of junk food and also to emphasize personal responsibility.

And it's part of their, you know, I would say corporate playbook strategy. I actually would go as far as to say we need to stop lying to the public to say that physical activity is the cure for obesity. We should dissociate the words physical inactivity and obesity from a sentence.

So you shouldn't even put them in the same sentence.

Dr. Malhotra: No, we should get rid of it.

Dr. Eenfeldt: But what about Biggest Loser then?