

**PREVIEW\_ Aseem Malhotra -Diet Health  
and an Epidemic of Misinformation (SA 2015) 2**

**Dr. Malhotra:** A very good paper published in the BMJ, in 2011, done by Dariush Mozaffarian and Simon Capewell. And what they did, they predicted based upon a very good high quality observation data and randomized controlled trials, that if the whole of the US population was to increase their nut consumption by one serving per week.

That would actually prevent 90,000 cardiovascular deaths within one year. To put that in perspective, and it's a pie-in-the-sky, maybe a magic wand, but if the governments across the world were to introduce regulations that encouraged the consumption of healthy food and decreased the consumption of junk food, that would half cardiovascular deaths within one year, from 20,000,000 to 10,000,000. We need regulation.