

## **PREVIEW\_ Antonio Martinez II - Interview 2 (West Palm Beach 2017) 1**

**Antonio Martinez II:** We have a number of public health public policy issues that we're going to have to confront, because the current model for diabetes and obesity it's unsustainable. The government can't handle the cost and we can't have our people be ignorant of the facts and making bad choices.

And we also have to acknowledge that this one-size-fits-all dietary guideline approach is a big mistake. And I recommend people read Nina Teicholz' book "Big Fat Surprise", which explains how we were led astray on this and we need to look at dietary guidelines to be asking the question, "Dietary guidelines for who?"

Because the dietary guidelines that I would suggest for somebody who's obese, pre-diabetic, metabolic syndrome or type 2 diabetics would be different than for somebody who is not.