

PREVIEW_ Zoe Harcombe - Presentation (Breckenridge 2017) 1

Dr. Harcombe: Should dietary fat guidelines have been introduced? So when? You know this, 1977 dietary goals of United States. They then get embedded in the dietary guidelines for Americans that come out in 1980 and of course then get revised every five years thereafter.

Britain followed the US as did then every other developed nation in the world. So in 1983 we adopted pretty much the same guidelines. They were embedded in the 1984 Diet and Cardiovascular Disease paper and essentially we did a U-turn in our dietary advice from...

And I always credit Gary Taubes with this quote. It's from "Good calories, Bad calories"... what a find! From Tanner 1869, which was the Bible of the practice of medicine until we started messing around with dietary guidelines.

And the quote was farinaceous, floury and vegetable interesting, foods are fattening and saccharin sugary matters, especially so and we changed to "Base your meals on starchy foods", those very foods that we knew caused the problem.