

PREVIEW_ Nina Teicholz - Presentation (Breckenridge 2017) 1

Nina Teicholz: The obesity epidemic... and there's a curve like this that starts shortly thereafter. The diabetes epidemics really began with the dietary guidelines. This is not an exaggerated graph.

And so it becomes harder to say that the obesity epidemic is due to the fact that Americans don't follow the guidelines unless that's actually the case.

Let me show you this slide which shows you that what happened with the dietary guidelines was a massive macronutrient shift that took place in the American population and in every other population around the world that then followed them, which is that you're told to eat a low-fat diet, fat went down, saturated fat went down because we're avoiding meat, cheese, dairy and eggs and carbs went way up, carbohydrates went way, way up.

And so have we followed the guidelines? This is a chart that's a little bit still in progress. This is actually food consumption. And you'll see this is the latest data that's come out, which is why they're still in progress, but it shows food consumption in America between 1970 and 2014 and it shows you that Americans actually have done an amazingly good job by following the dietary guidelines.

We eat more fresh vegetables, more fresh fruit, all those lines in blue are things that we've been told to eat more of, and we do eat more of them. Vastly more grains, vastly more vegetable oils as polyunsaturated fats that we're told the more of. And this is true of anything you look at...

We eat more nuts, we eat more fish, we eat vastly more chicken, like 121% times more chicken than we did 30 years ago and we've decreased consumption of everything that we were told to decrease. So this argument that we have failed to follow the guidelines really is not supported by the evidence.