

## PREVIEW\_ Rodrigo Polesso - Interview (FL FEB 2017) 2

**Dr. Eenfeldt:** What do you think, if people are looking for weight loss and they might have lots of other health benefits waiting for them, but they don't quite know that yet... What kind of habits do you think are good to start with? Maybe it's just one thing to start with, or maybe there are a few things. What would you say?

**Rodrigo Polesso:** When I do interviews or something and the people ask me what's the one thing that's more important, I usually say the following - I think people need to change the paradigm and start focusing on the quality of what they eat, but not the quantity.

Because the common sense right now is the quantity. You need to eat less, you need to burn more. And when you change that and start focusing on the quality, focusing on what you eat and not directly on as how much you eat.

Because the quantity tends to adjust itself when you focus on the quality of food. So I think just understanding that is a huge step and I think Dave Ludwig said the same thing. In order to lose weight you focus on what you eat, not how much you eat.