

## PREVIEW\_ Andreas Eenfeldt - Q&A (San Diego 2017) 1

**Questioner man:** Hi, you mentioned some things that you're hopeful about in terms of progress like the report from the Credit Suisse Group... Is it not true that Sweden has adopted the low-carb dietary guidelines and you are hopeful about that? You didn't mention it, so, I'm curious. Yeah, maybe I should've done that.

**Dr. Andreas Eenfeldt:** No, Sweden don't have, you know, a general sort of blanket low-carb high-fat for everybody, men, women and children. I'm not even sure that's a good thing. I certainly don't think we have evidence to say that. A lot of people believe we do, because of the viral post online that's not quite correct.

**Questioner man:** Okay.

**Dr. Andreas Eenfeldt:** So what that post was referring to was that it was a government expert review on dietary treatment for obesity. And they came to the conclusion that low-carb seems to work the best. And there's no proof that it's dangerous for any reason.

So that's what it was about, it's not a general piece of advice for men, women and children. It's sort of a guide, a help for the healthcare professions, when they choose a diet to treat people with obesity and say low-carb might be the way to go.

**Questioner man:** And are you hopeful about that?

**Dr. Andreas Eenfeldt:** I think it's a great first step and when it comes to changing the Swedish dietary guidelines, I'm afraid we're just following you. So you're telling us what to do and so it's... right back at you.