

## PREVIEW\_ Andrew Mente - Presentation 2 (Breckenridge 2018) 1

**Dr. Andrew Mente:** Before the science was really figured out by the scientific community, in 1961 the American Heart Association embraced the Diet Heart hypothesis and adopted a low-fat diet to fight heart disease.

And that eventually led to the first dietary recommendations which emphasized that people should eat a whopping 6 to 11 servings of grains per day and advised people to eat less fat. so less meat, less dairy, less nuts, stuff like that.

And so this was introduced in the late 70s, early 80s, and you could see here the macronutrient shift in both men and women in the US, both sexes consume more carbohydrate and less total fat, less saturated fat and less protein.

So clearly people did follow the dietary recommendations and started eating more carbohydrates. We know that this coincided with higher rates of obesity and higher rates of diabetes which tripled over the next 20 to 25 years coinciding with the new dietary recommendations.

Now what are the current dietary guidelines? So this is the recap. So currently WHO and other organizations generally recommend higher carb diets. So for instance WHO recommends 55% to 75% of energy from carbs. That's a high amount of carbohydrate.