**PREVIEW\_ Georgia Ede - Presentation (Breckenridge 2018) 2**

**Dr. Georgia Ede:** I actually believe that there are two dietary patterns on the rise around the world. One because we're told that's healthy and the other despite the fact that we know very well what that's not healthy.

The one we know is not healthy for us is the standard American diet or what one would call the "sad diet". This diet used to be called the Western diet, but it is now exported around the world.

And what distinguishes the "sad" Western diet from other diets is the presence of refined and processed carbohydrates and the presence of refined and processed fats. Not the presence of saturated fat, meat or cholesterol.

Refined and processed carbs, up 32% of calories from sweeteners around the world between 1962 and 2000 and refined and processed fats up three to six times around the world between 1985 and 2010.

So we know from epidemiological studies which is usually the first step in trying to understand what's going on, that many mental health conditions are associated with the standard "sad" Western diet.

But these are just associations, we don't know anything about causality, it's just a hypothesis. So what do the randomized controlled trials tell us? You just sit back and relax, and I'm going to walk you through every randomized controlled trial that has been about diet integration. All two of them.