

## PREVIEW\_ Tim Noakes - Interview (London 2018) 2

**Kim Gajraj:** This discussion on protein... We've got a lot of people talking about the importance... Actually now if prioritizing protein rather than fat. What do you think about that?

**Prof. Tim Noakes:** So I am 68 and what I like to watch is people of my age and see how they start to go to this position and you see the spine breaking down. And I think that osteoporosis is strongly linked to too little fat in the diet but also to too little protein.

And it is just my perception at the moment. And I think you're quite right, I think we do need more protein than we've had in the past. But I also against that I'm conflicted because I want people just to eat food and respond to dietary choices... dietary drives to eat the different foods. I get worried when we start prescribing that people should do this or that.

So I'd rather that you just ate to hunger and you chose really good foods. And then the argument would be that you'd be choosing the right amounts of the different foods. So it's early days, but I think once you start eating a high-fat diet, you by and large would increase the protein content and hopefully for most of us that will be enough.

But I do understand that there are maybe reasons in future that we need to eat more protein. So I am a person who promotes a high-protein diet. But once you get off a high-carbohydrate diet, you're probably going to eat more protein anyway.