



January 11, 2016 – Grand Rapids, MI

The 2015 Dietary Guidelines

Before you begin reading, answer these questions: What are the Dietary Guidelines that were published in 2010? Can you remember any of them? Can you remember even one of them?

The 2015–2020 Dietary Guidelines were published late last week. Research was reviewed. Meetings were held. Comments were given. Experts have given input. Millions of dollars were spent. Is there anything groundbreaking in the 2015 Guidelines? You've probably heard about some of the changes: eggs are okay again, the current sodium intake is not, and we should lower our sugar intake. But that's headline stuff.



Here's what I want you to do: I want you to take about 10 minutes and read the Executive Summary of the Dietary Guidelines; the link is below or just click on the image. Make sure you go through the entire page and look at the graphics within the summary. I'll give you my comments on Thursday, and on Saturday, I'll talk about what other experts are saying about the Guidelines. But please do your part, especially if you couldn't answer the questions I posed in the beginning.

Last chance to sign up for tomorrow night's webinar [TD2: Working Toward Your Cure](#). If you've resolved to gain control of your prediabetes, is there really anything else more important you have to do?

What are you prepared to do today?

Dr. Chet

Reference: <http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>

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