



January 14, 2016 – Grand Rapids, MI

Why You Should Follow the New Guidelines

Did you do your homework? Did you read the Executive Summary of the Dietary Guidelines as I asked you to do on Monday? If not, do it right now: click on the link below and take the 10 minutes to check it out before you read on.

Here are my thoughts.

There are really no arguments with the five Dietary Guidelines. They're intentionally vague, but they resound in my mind. For example, the first recommendation says to eat healthy over a lifespan. That implies you should consistently eat healthy—not just kale, because it's the hot new veggie, not the latest diet fad. Find a way to eat healthy that fits in your lifestyle and eat that way for good.

The final recommendation says we should support healthy eating for all. The pictures focus on who has the ultimate responsibility. We do. It calls on food preparers everywhere to provide healthy foods whether in homes or schools. To me, it can also be interpreted as letting people in the food industry know that they should do better in providing healthy foods that fit the Guidelines.

I also like the Key Recommendations. Look at the order of recommended foods we should eat. Vegetables and fruit are first and second. Could anyone argue with that? Protein, not meat, is fifth on the list. Fats are last. It all makes sense. They give a list of things to be careful of such as too much sugar or sodium. If you click through the elements of the last graphic, the recommendations illustrate how to take a current food and make it healthier.

The most important thing I hope you did was read what's in that document. If it's going to matter for your health, you need to know what was written—not what I think you should know, and especially not what some of the experts have to say. I'll tell you why the experts hate the 2015 Dietary Guidelines on Saturday.

Don't forget that the [High Blood Pressure: Getting it Down](#) webinar is next Tuesday, and there are still spots available. And if you missed the [type 2 diabetes](#) webinar, you can order the CD so you don't miss this important information.

What are you prepared to do today?

Dr. Chet

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



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healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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