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## Why the Experts Hate the Dietary Guidelines

One more time, I hope that you've taken the time to read the link I gave you for the [2015 Dietary Guidelines](#). It's a summary that's easy to read. Is there more information? Absolutely, good information, and you can spend some time looking around using the links in the left hand side of the summary. I especially love the section on what Americans currently eat. Do you know that adults eat less than one serving of whole grains a day? And men eat at least twice as much protein as they need?

As you might expect, not everyone is happy about the Guidelines. The people who are the most upset are the health experts and gurus: Marion Nestle, David Katz, Robert Lustig. They claim either the Committee didn't examine all the research or they were influenced by the food industry or they still recommended too many carbohydrates.



But you've read it. Where does it say that you have to eat several servings of beef or pork every day? The Guidelines recommend fewer than three ounces of meat per day on a 2,000-calorie-per-day diet. It also adds that beans and nuts are good sources of protein.

Where does it say that Americans should eat refined carbohydrates at the expense of vegetables, fruit, or whole grains? It doesn't say that at all; it says the opposite.

As for the influence of the food industry, are you kidding me? Don't think that the people who raise pork or cattle or grow corn and wheat are not going to give their opinions and do it very aggressively. Don't be so naive as to think that those who manufacture refined foods are not going to put in their two cents, either. That's business in the U.S.; they're arguing about how a single word is used here and there to keep us eating meat and sugar. Ridiculous.

I can't believe I'm writing this, but the voice of reason in all of this is the Committee for Science in the Public Interest, the "heart attack on a plate" group, and I've torn apart their proclamations in previous messages. You wouldn't expect them to like the Guidelines, but they do. Do they agree with every word or comma? No, and I don't either. But the Guidelines are a reasonable way to eat, and if people follow them, we as a society will eat better than we do today.

The key to the Guidelines is not to continue to say what's wrong with them. The experts are arguing fine points and subtleties—in other words, the details. Instead of looking for conspiracies, they would serve their followers and patients better, and society as well, if they stopped giving interviews to criticize, and instead, focused on teaching people how to use the Guidelines to eat better. I guess the question is this: what do they want to serve, their ego and self-importance, or the public that really needs their expertise?

What are you prepared to do today?

**Dr. Chet**

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



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