



November 1, 2016 – Grand Rapids, MI

## Low Fat: A Failed Public Policy?

The recent series of messages on health hooligans was something I've wanted to write about for a long time. No sooner did I finish it than I got an email from JAMA announcing an opinion piece on the low-fat diet we've been told to follow for over 40 years (1). I spent some time over the past few weeks checking the piece and the research behind it.

The opinion was written by an expert in endocrinology, a physician and researcher. He has the credentials. But he is one of a number of scientists who've become critics of the low-fat, high-carbohydrate diets advocated by the public health initiatives of the past half century such as the Food Guide Pyramid.



The very first sentence of the article raised the hair on the back of my neck. He talked about the "revelation" that the sugar industry attempted to influence public policy by manipulating science. I recently wrote about it, so you can check [here](#) for background material if you like.

He called the low-fat diet a "failed public policy experiment" that has caused the obesity and diabetes epidemic we currently face. He reviewed the reasons that a low-fat and high-carbohydrate diet was thought of as the best approach to combat the increase in heart disease after World War II. Then he spent the remainder of the article criticizing the approach for the harm it has caused to public health.

Was he correct? Was this an intentional attempt to harm the public? I'll let you know what I found on Thursday and Saturday.

What are you prepared to do today?

**Dr. Chet**

Reference: <http://bit.ly/2dmWZGU>

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