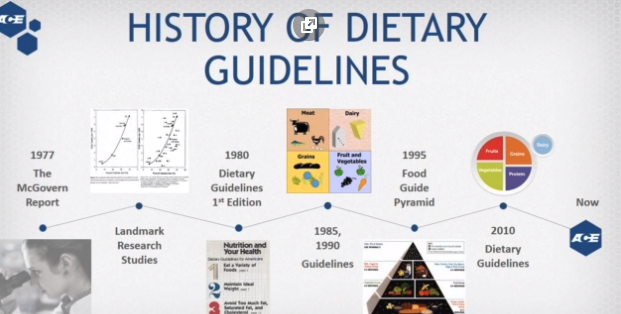
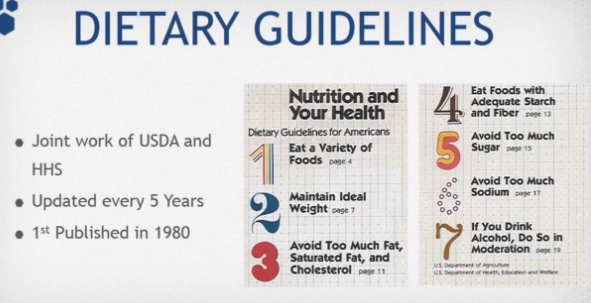
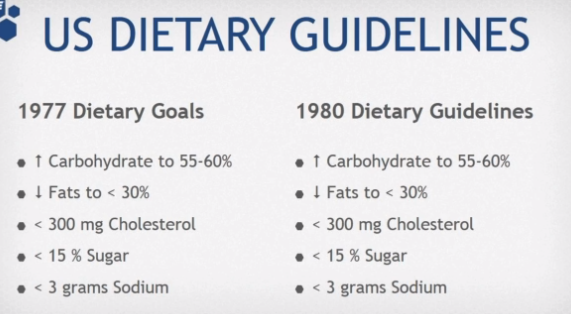
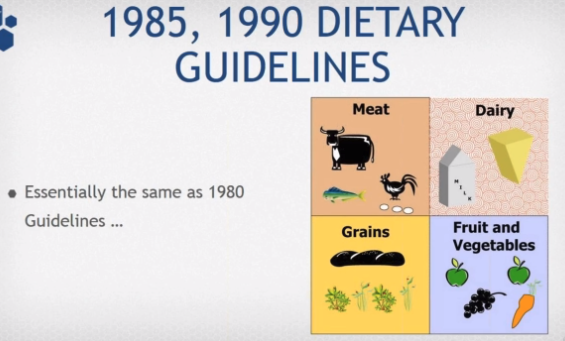
**How we got it all Wrong: Nutrition Recommendations for Heart Health**



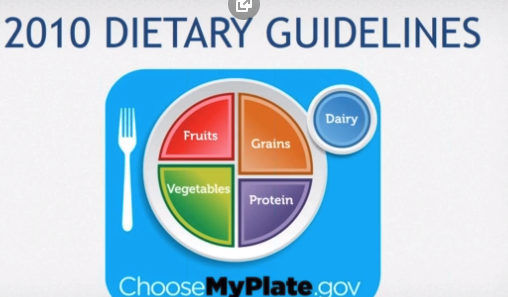






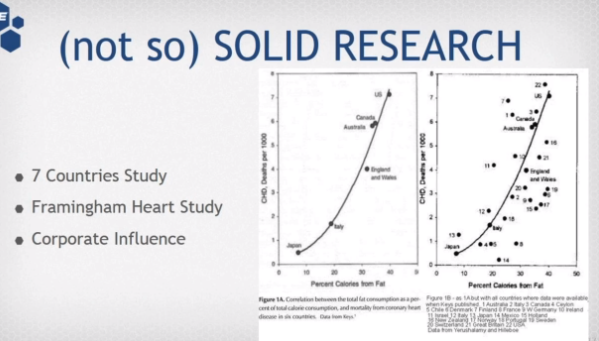


1995 Had to start putting nutrition labels on food; low fat high carb

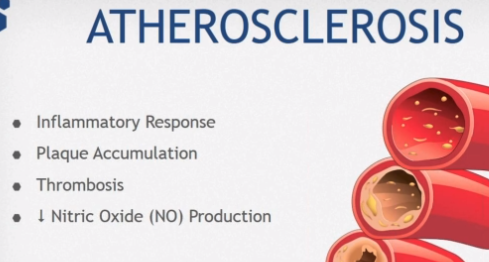




Fat didn’t make us fat; didn’t appreciate role of hormones—types of calories that turn fat stores on and off

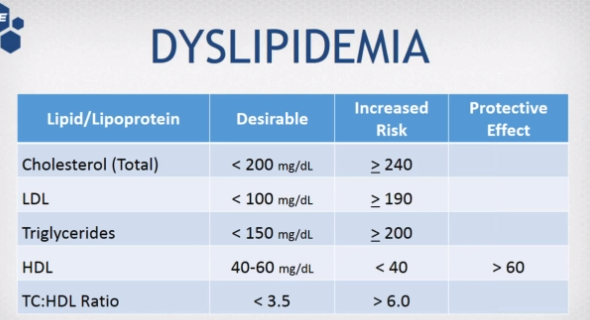


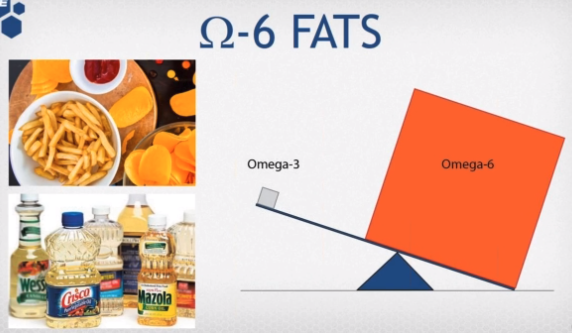
Ignored some data; didn’t include high fat intake countries; sugar industry influence





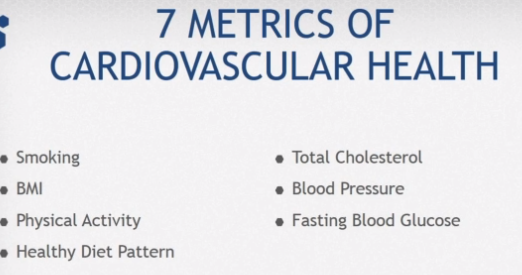
Focused on symptoms (mopping up water, not turning off faucet); Most pro-inflammatory—high omega-6 to omega-3 ratio





Should be 1:1 not 20:1 like a lot of americans. Told to eat more polyunsaturated, but not told 0-3, 6, or 9





5-10% moderate sugar intake



