

The *Real* Food Politics

BY,
NINA TEICHOLZ

The “old” Food Politics



2002

- Marion Nestle, NYU
- First to document thoroughly how food companies infiltrate science and politics
- Blame for policy gone wrong is attributed almost entirely to the meat, dairy and egg industries

FOOD
POLITICS

Why target meat, dairy, eggs?



Ansel Keys, 1961

Diet-Heart Hypothesis

Saturated
Fat and
dietary
cholesterol



Raised
cholesterol
(in the
blood)



Heart
Attack

Discredit a food by attacking the industry



CENTER FOR
Science IN THE
Public Interest

USDA Hosting Biased Egg Industry Event

September 16, 2003

Meat industry wins round in war over federal nutrition advice

Spoiler alert: You still need to eat your veggies.

By HELENA BOTTEMILLER EVICH | 01/07/16 07:01 AM EST | Updated 01/07/16 11:28 AM EST

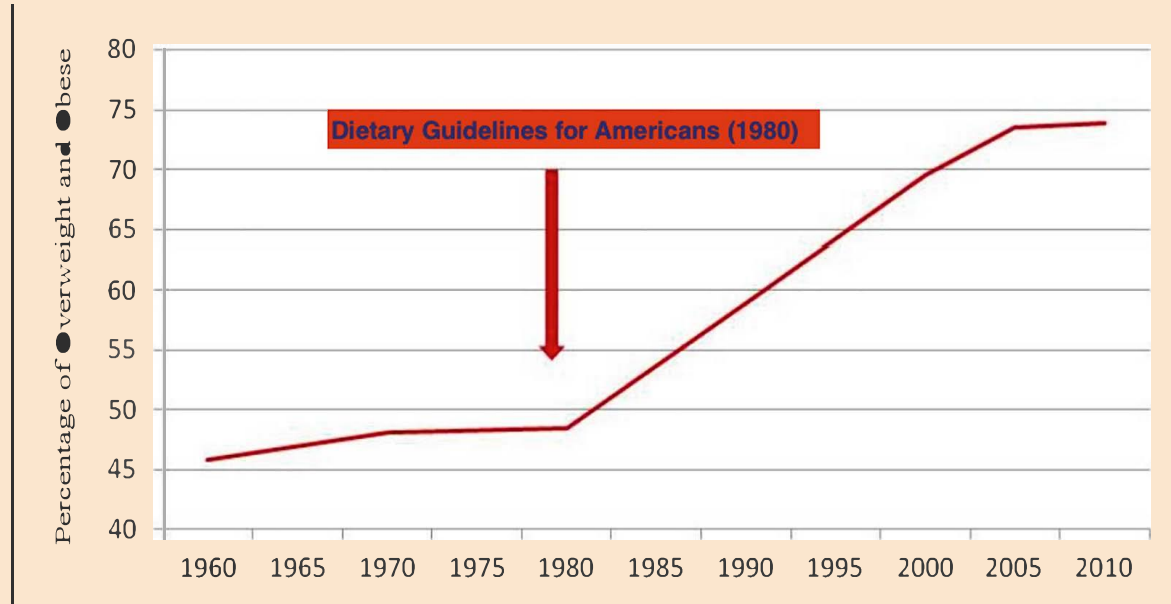
Meat industry manipulation in new dietary guidelines

Delaware Voice Johanna Lee Published 6:39 p.m. ET April 4, 2016 | Updated 2:42 p.m. ET April 5, 2016

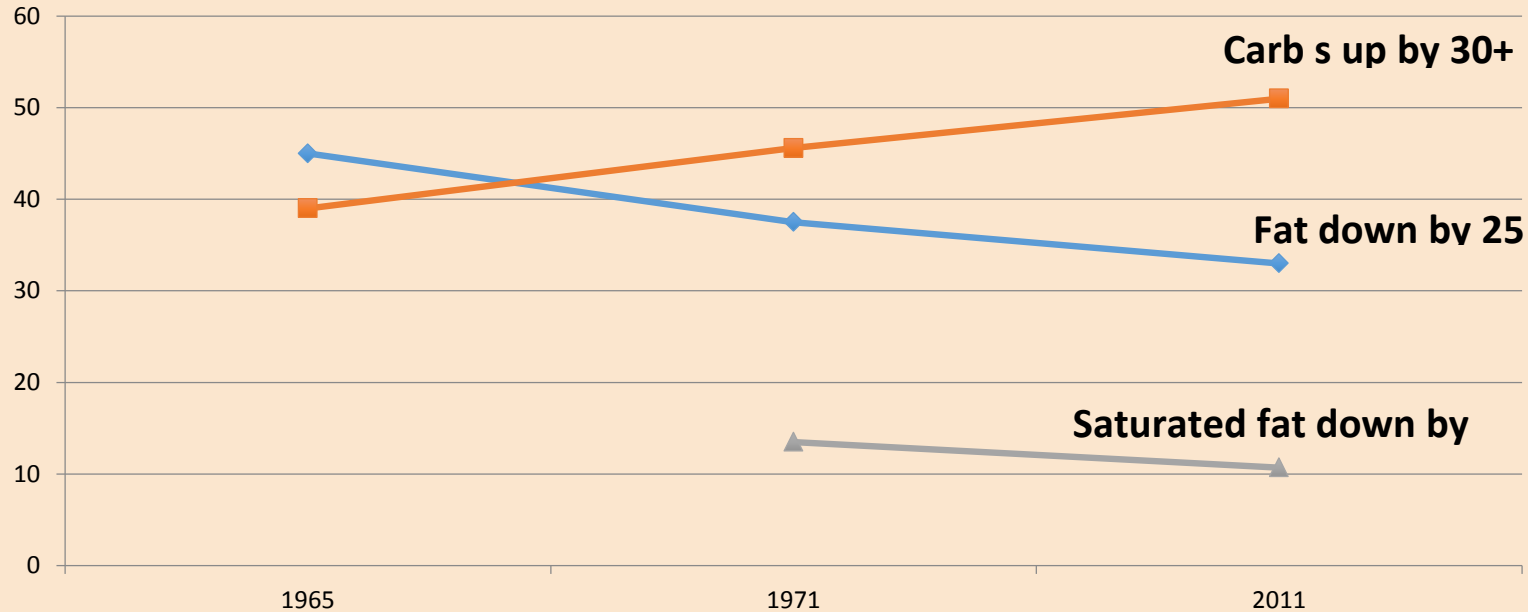


Health or Lobbying? Experts Say U.S. Gov't Caves to Meat Industry in New Dietary Guidelines

Rise in U.S. Overweight/Obesity Coincides with Beginning of Dietary Guidelines



Major macronutrient shift in US 1965-2011

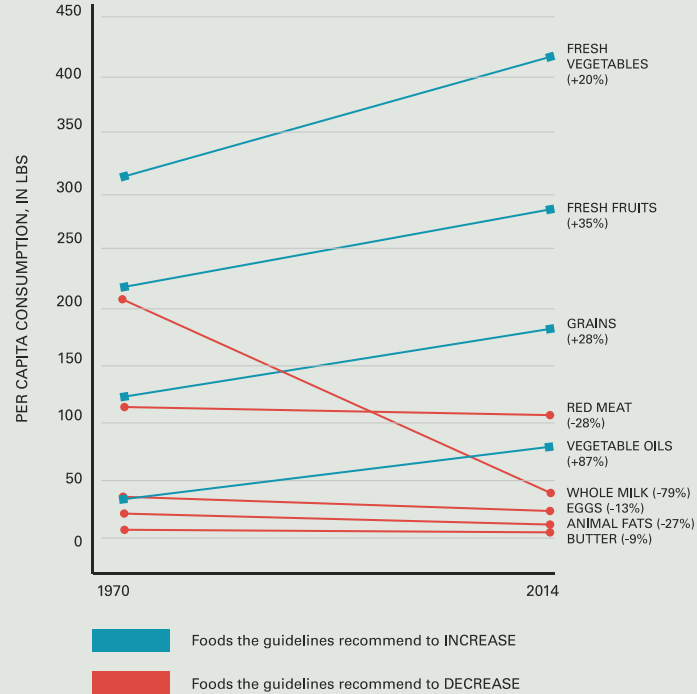


Source: Cohen et. al., *Nutrition*, 2015

Americans *have* followed the US dietary guidelines

FOOD AVAILABILITY

1970 - 2014



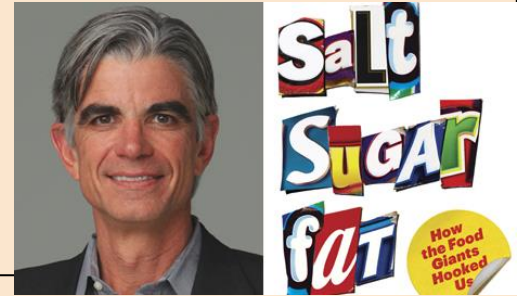
SOURCE: Jeanine Bentley, U.S. Trends in Food Availability and a Dietary Assessment of Loss- Adjusted Food Availability, 1970-2014, EIB-166, U.S. Department of Agriculture, Economic Research Service, January 2017; chart by Nina Teicholz.

Therefore:

Blaming meat, dairy and eggs
for obesity, diabetes and other chronic diseases
is **contradicted by the evidence.**

Last few years, blame has expanded also, to:

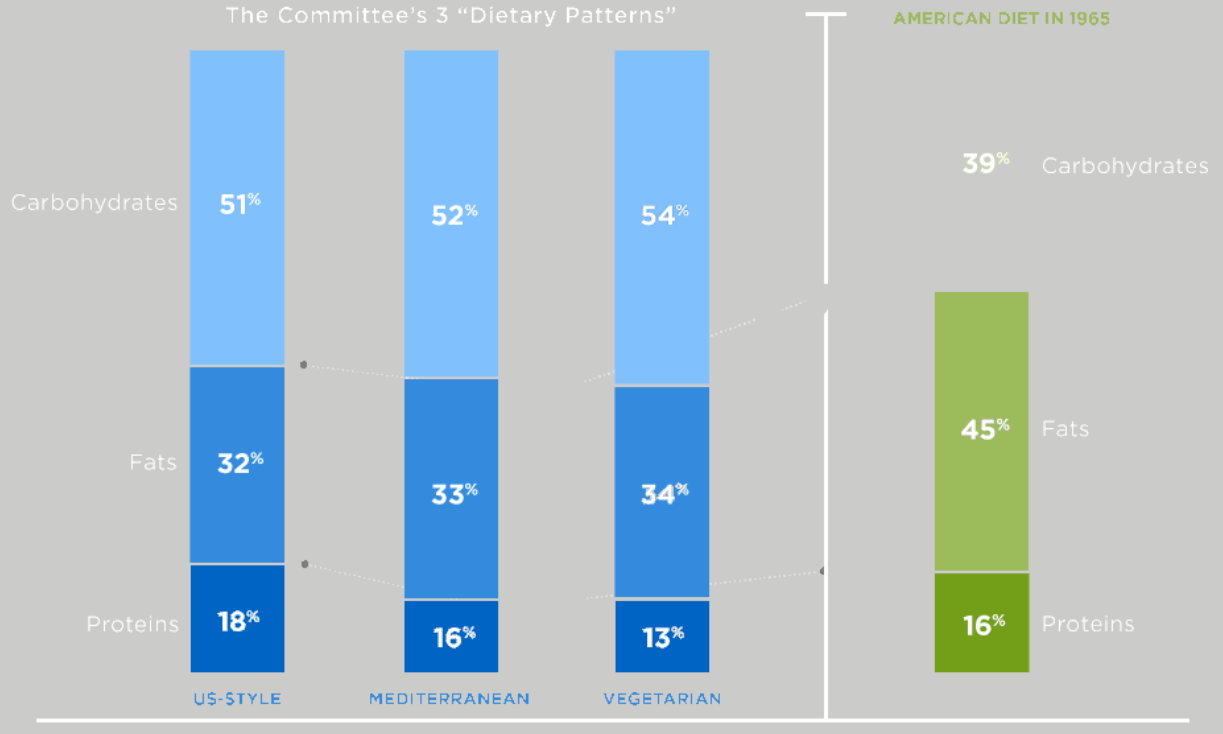
- Sugar
- Soda companies
- Manufactured foods with their “addictive” combinations of fat, salt and sugar



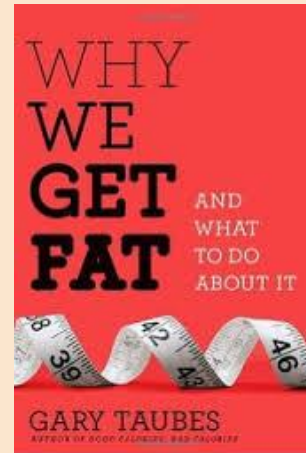
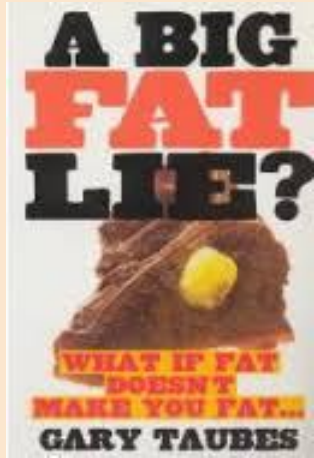
However, “old” food politics still stands by grain-based US Dietary Guidelines

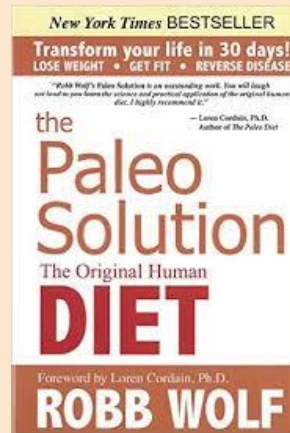
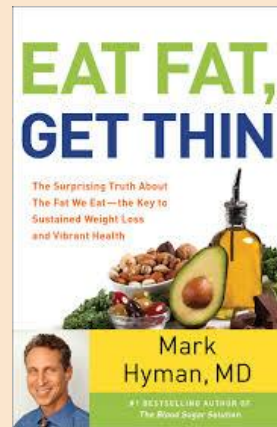
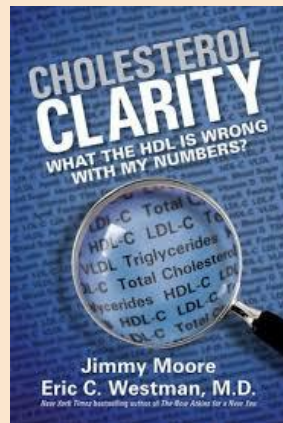
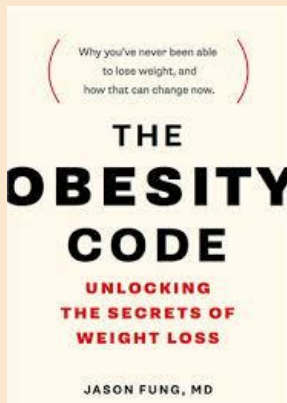
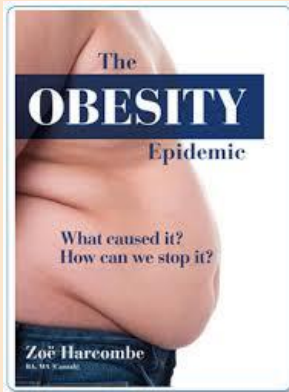
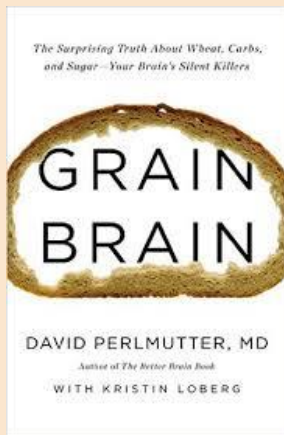
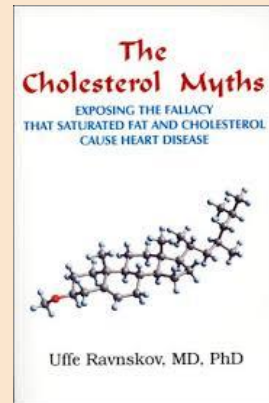
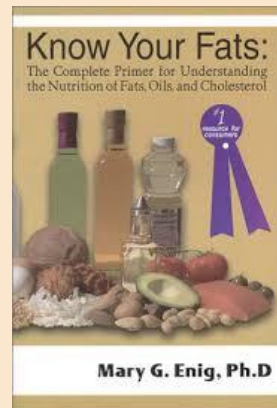
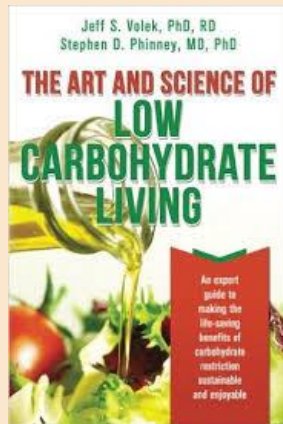
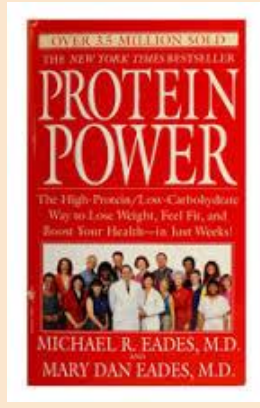
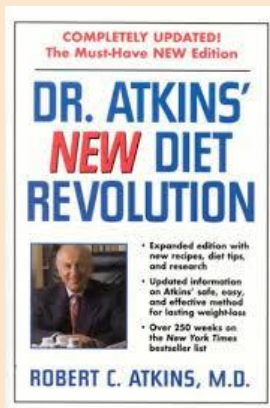
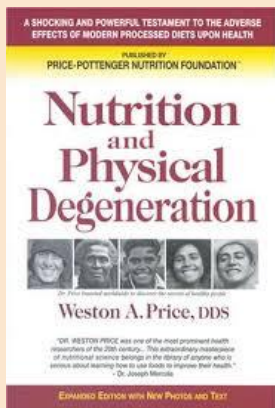


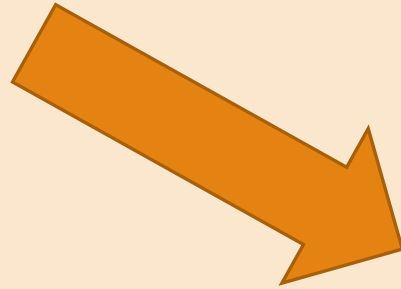
The high-carbohydrate USDA diets



Enter the “new thinking” on nutrition and disease







What is the evidence supporting this theory?

- More than 74 Randomized controlled trials
- Virtually all of these studies are on Western populations
- At least 32 *trials of low-carb diets have lasted six months or longer*
- Three lasted 2 years (the gold standard) to see any adverse side effects
- These trials establish that low-carb diets are *safe*
- These trials also establish that low-carb diets are *more* effective than the low-fat diet for fighting obesity, diabetes, and heart disease (improves nearly all CVD risk factors)

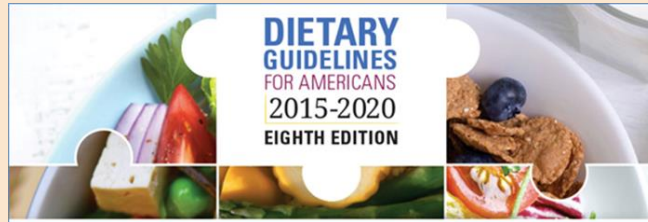
Teicholz, N, BMJ, 2015.



Why is low-carb not welcomed with open arms?



Institutional investment



Cognitive dissonance



Big Pharma



Big Food

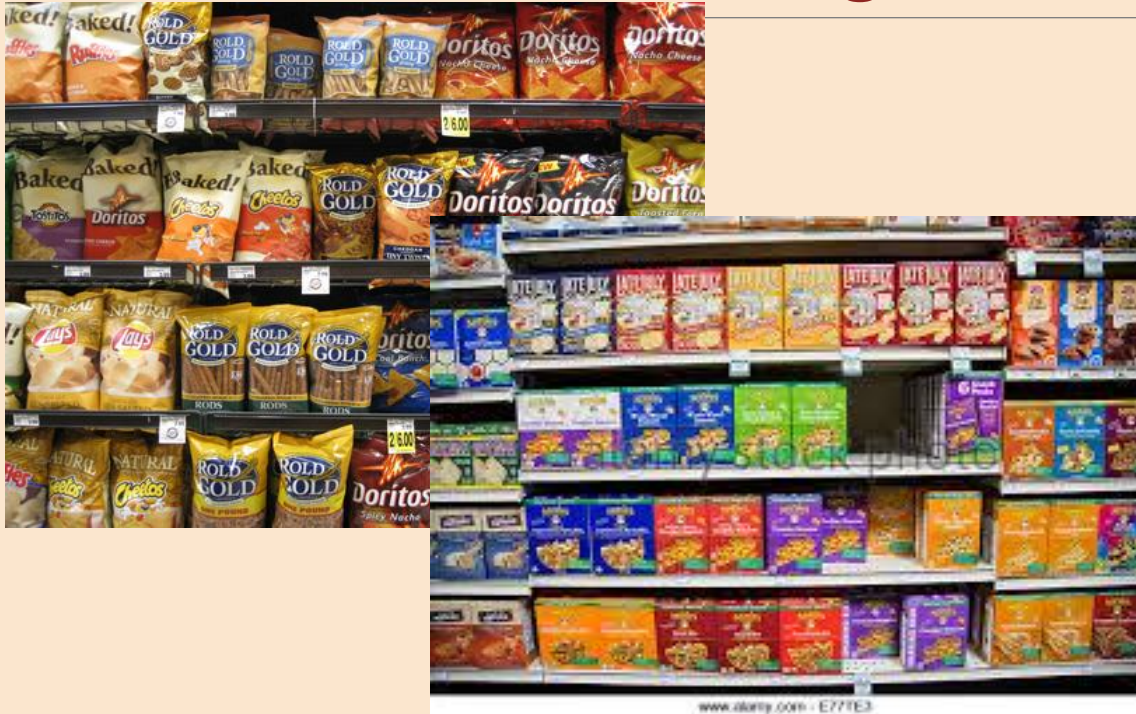


TABLE 6: 2012 AND Corporate Sponsors

2012 Partners



2012 Premier Sponsors



2012 Event Sponsors

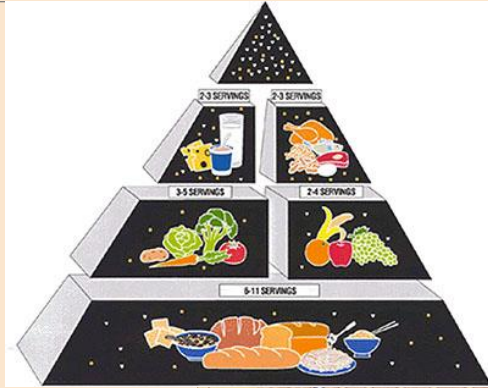


Sponsors of the Academy of Nutrition and Dietetics

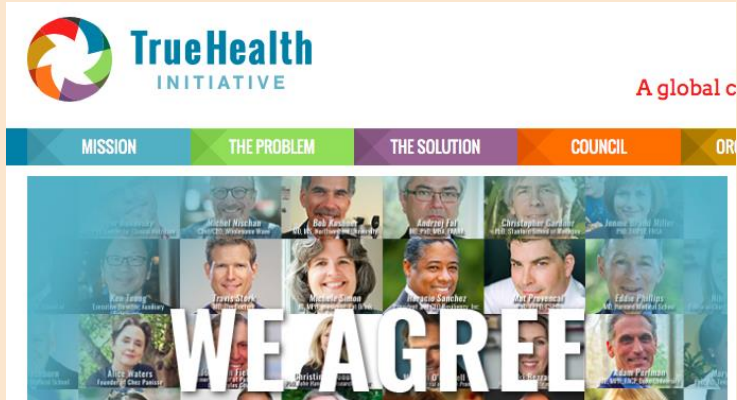
Some companies vertically integrated



What are the tactics used to fight the barbarians at the gate?



Efforts to portray the “science as settled”



The consensus:: ‘A healthy diet is the one recommended by the US Dietary Guidelines, and people are afflicted with obesity and diabetes because they fail to follow it.’



“Consensus conference” 2015

Personal attacks on those with new/different ideas

Big Fat Fake - Reason.com



Big Fat Fake

The Atkins diet controversy and the sorry state of science journalism.

Michael Fumento from the March 2003 issue - view article in the [Digital Edition](#)



Big Fat Lies

The Truth About the Atkins Diet

November 1, 2002



“She is an animal unlike anything I’ve ever seen before.”

–David Katz, quoted in *The Guardian*

GARY TAUBES IS A BLOWHARD

Ancel Keys pioneered this tactic

In response to critique of his diet-heart hypothesis by Texas A&M professor Theodore Reiser, in 1973, in *The American Journal of Clinical Nutrition*.

Ancel Keys' :

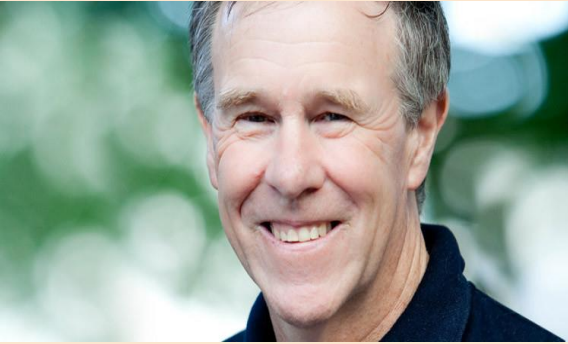
Reiser's analysis "reminds one of the distorting mirrors in the hall of jokes at the county fair."

"It would be difficult to pack more imprecision in a 16-word sentence"; "Reiser pompously states . . . ,"

"Obviously, Reiser has no comprehension."

Source: Big Fat Surprise, p. 61

Try to silence the voices of those promoting low-carb



Professor Tim Noakes

London Times, UK



Jennifer Elliot

New Zealand



Gary Fettke

Brazil



Caryn Zinn

The Economist, International

My own experience

Don't play chicken with organic standards.
GET THE FACTS



POLITICO
Morning Agriculture
A daily briefing on agriculture and food policy

797
SHARES

Teicholz disinvented from food policy panel

By **CATHERINE BOUDREAU** | 03/25/16 10:00 AM EDT

ipetitions
YOUR VOICE COUNTS [Share 0](#)

Reinstate Teicholz on Food Policy Panel

The Petition	4 Highlights	1450 Comments	4394 Signatures
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Silencing the Science



1. Denial of studies with contradictory results.

2. “Silent Studies”



3. Journals decline to publish low-carb studies

Blame your opponents of being motivated by financial gain

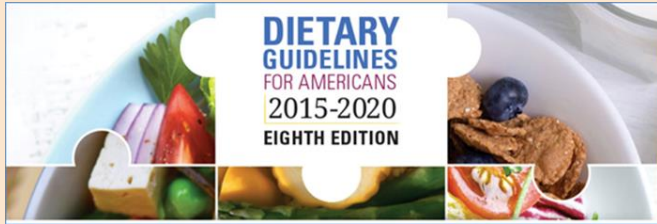
Again pioneered by Keys:

“Yudkin and his commercial backers are not deterred by the facts; they continue to sing the same discredited tune.”

And today:

- Critics of the high –carb diet accused of being paid off by meat, dairy or egg industries
- Those of us who write books are accused of only seeking book sales

Even our “gold standard” guidelines



The committee could find “**only limited evidence [on] low-carbohydrate diets** and health, particularly evidence derived from US based populations.”

The report provides no documentation of these “**exploratory searches,**” yet many studies of carbohydrate restriction have been published in peer review journals since 2000, nearly all of which were in US populations.



These include nine pilot studies, 11 case studies 19 observational studies, and at least 74 randomised controlled trials, 32 of which lasted six months or longer.

Silencing the science

4. Retraction Attempt



Scientists Call for Retraction of BMJ Feature on Dietary Guidelines

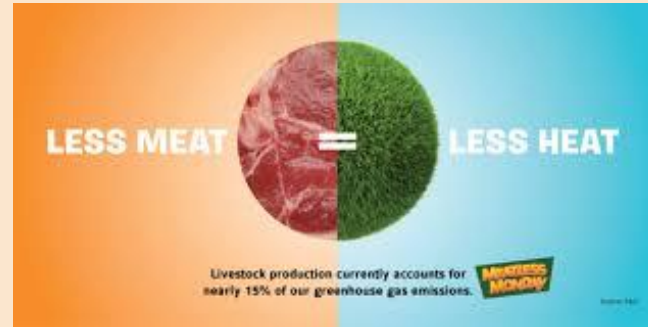
November 5, 2015



These efforts fueled by growth of food advocacy groups



1. Animal welfare



2. Environmental groups



3. Social justice

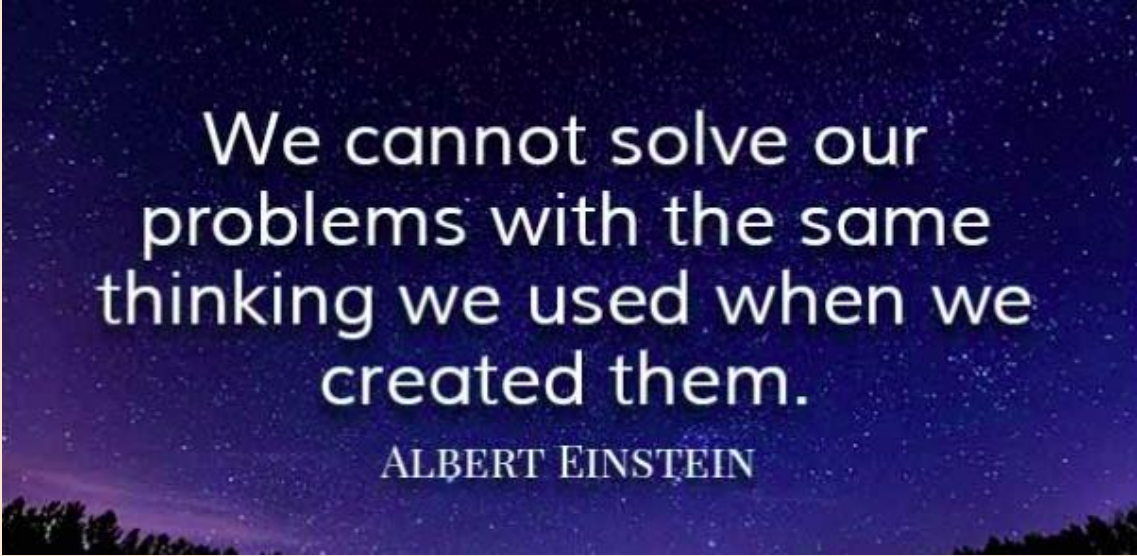
What you can do:

1. Cure yourself
2. Help those around you
3. Get involved in advocacy for change.



info@nutrition-coalition.org

The future of change?

A rectangular image with a dark blue, starry night sky background. The text is centered in white. At the bottom of the image, the dark silhouettes of trees are visible against the horizon.

We cannot solve our
problems with the same
thinking we used when we
created them.

ALBERT EINSTEIN