**(Corpulence & Coronary—Part I)**

**Who to Blame for Both “Corpulence and Coronary”? Why Consider Them Together? “Diet Advisors” Blame Each Other**

**Brian Bull M.D. ‘Winter Wednesdays’, LL University Church 2018.**

**Synopsis**

* During the last 100 years coronary heart disease (CHD) has gone from being a rare diagnosis to become the single leading cause of death in the US; it now kills one in seven Americans. 100 years ago obesity was unknown (<1%), now two-thirds of us are overweight (BMI >25) or obese (BMI >30). It seems likely that food and exercise are intimately involved, possibly with some contribution from epigenetics.
* The American Heart Association has, for the past 50 years, specified a “healthy diet”—low fat as well as low in cholesterol and saturated fat (think “Heart Healthy” stickers on food items in the local grocery).
* Two years ago the Dietary Guidelines Advisory Committee (advisory to US Department of Agriculture) removed cholesterol from list of “Concern for Overconsumption” and a few months ago the European Society of Cardiology effectively removed dietary fat (by raising the recommended dietary saturated fat content and the dietary fat content (the PURE study)
* So now, what? We all have a stake in this matter because we all must choose what to eat 3 times each day. Where do we turn when our “authorities” have, unmistakably, led us down the wrong path?
* Perhaps the path through the “forest” is wrong not because it is the wrong path but because it is a path in the “wrong forest”? That is a possibility we will consider carefully in the remaining four seminars.

 **References**

* *Lowering the Bar on the Low-Fat Diet,* Ludwig DA, **JAMA** Vol 316, pp. 2087-88, 2016
* *Dietary Fats and Cardiovascular Disease-A Presidential Advisory from the American Heart Association*, **Circulation**  Jul 18;136(3), 2017
* *Associations of fats and carbohydrate intake with cardiovascular disease…Lancet. Nov 4;2050-2062, 2017*