

Vintage Eating for Vibrant Health

Vintage eating means looking back to how people used to eat before our food was highly processed. We look back to diets that kept people healthy – to diets that did not cause epidemics of chronic diseases like obesity, diabetes, heart disease, and dementia.

The collective health of our citizens tells us that the modern American low-fat diet is NOT working. It's time to go back to vintage eating – to meals made with real food and more natural fat. This back-to-basics approach delivers better weight control, better health, and more ease.



Is low-fat dietary advice

making us fat and sick?

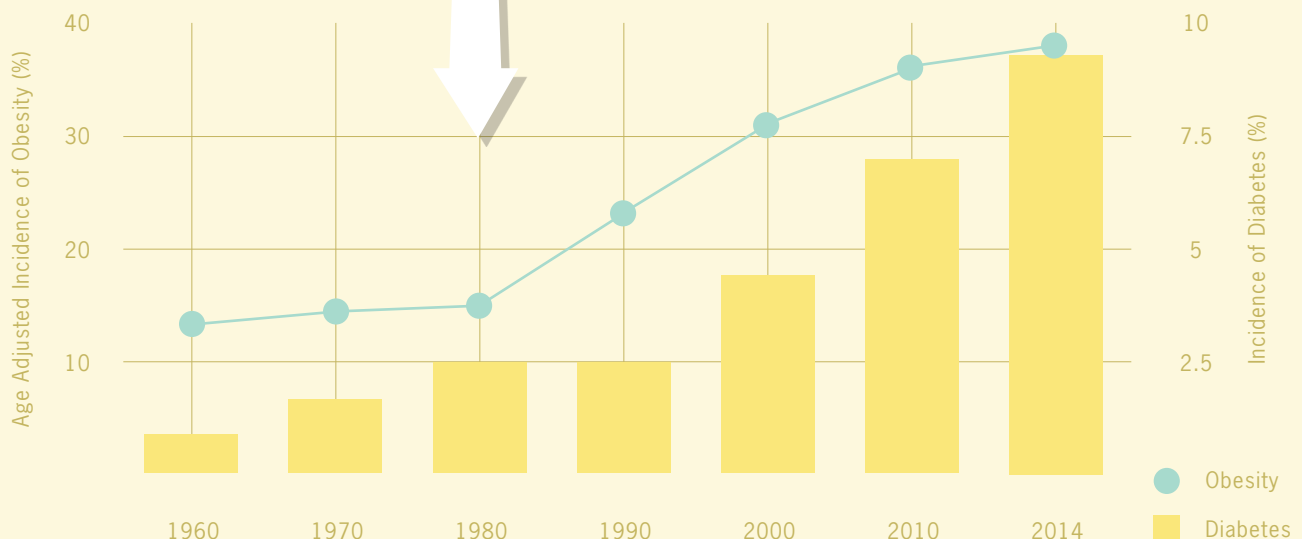
“My take on this would be that it’s not saturated fat that we should worry about... It’s the high carbohydrate or sugary diet that should be the focus of dietary guidelines... If anything is driving your low-density lipoproteins [the bad cholesterol] in a more adverse way, it’s carbohydrates.”

Dr. Rajiv Chowdhury
Cardiovascular Epidemiologist, Cambridge University

High-fat dieters are less hungry and lose more weight than low-fat dieters. Most improve their heart health markers while simultaneously reducing blood sugar and insulin levels, reducing risk of diabetes.

This is a win-win-win – weight loss, heart health, and diabetes prevention. Yet status quo advice keeps full-fat, vintage diets from reaching most Americans. There is now enough evidence of their efficacy and safety to encourage more widespread experimentation. There is no one diet that is right for everyone, but let’s make all Americans aware of the vintage option. People need choices.

Obesity and Diabetes Rates Spike After USDA Recommends A Low-Fat Diet



What does the science say?

Vintage eating is safe.

“I believe it is better to say nothing than to give advice that’s wrong. And I think there’s a very good chance that much of the Dietary Guidelines’ advice is wrong.”

Dr. Steven Nissen
Head of Cardiology, The Cleveland Clinic

- We were wrong about fat. Dozens of controlled clinical trials show that low-carb diets outperform low-fat diets for both weight loss and heart health markers.
- Several recent meta-analyses (large compilations of dozens of studies) show that dietary saturated fat does not increase risk of death due to heart disease.
- Dr. Steven Nissen, head of Cardiology at the Cleveland Clinic, published a unflattering review of the Dietary Guidelines for Americans, characterizing the DGA as an “Evidence-Free Zone.” His opinion piece was published on 1/19/2016 in the peer-reviewed journal, *Annals of Internal Medicine*. In particular, Nissen writes, “the best available evidence does not clearly support the widely held belief that Americans should limit saturated fat” in their diets.

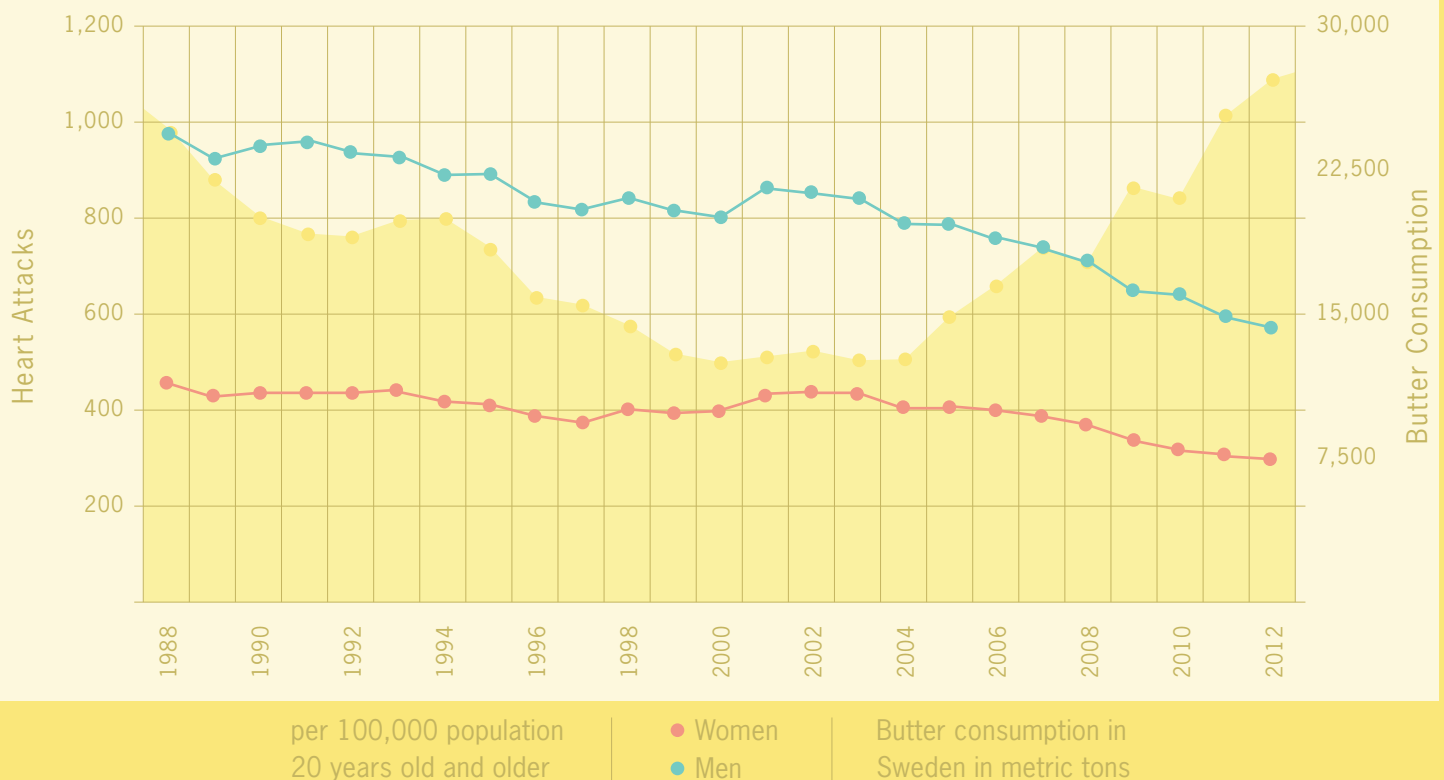
What is going on in the rest of the world?

Other countries, particularly Sweden, are experimenting with real food, full-fat diets.

Now, that’s vintage!

- LCHF (Low Carbohydrate High Fat) is a grassroots movement in Sweden. It began in 2004.
- Roughly 25% of the population eats LCHF to one degree or another. It is very big in Norway, too. LCHF is popular in South Africa, where it is called the ‘Banting’ diet.
- Heart disease rates are down in Sweden. Obesity rates have stopped increasing.

Rates of Heart Attack in Sweden



What is going on with diabetes in the US?

Rates are rising rapidly, especially among at-risk populations. Vintage eating can help.

- 9.6% of American adults have diabetes. An additional 36% of adults have prediabetes. In addition, many are insulin resistant (“pre-prediabetic”). Adding this up, more than half of all adults are on the road to diabetes.
- Most (90%) of adults with prediabetes do not know they have it.
- Low-income and minority populations have higher risk of developing diabetes and less access to the care needed to manage the disease effectively.
- People with insulin resistance do markedly better on high-fat diets than low-fat diets.
- Diabetes and prediabetes can sometimes be put into remission with high-fat diets; medications are often

reduced, leading to significant cost savings. Low-fat diets typically lead to disease progression and more medication.

- Currently people with diabetes are counseled to lose weight on a low-fat diet. They are told “You’re too heavy; it’s your fault.” Instead, they could be given guidance that addresses the problem, not the person: “We need to give you specialized dietary advice that is more appropriate for your body. You may lose weight, but regardless, this will help you control your blood sugar.”

What is going on in the nutrition policy realm?

Gridlock (of course).

- A very public thrashing of the Dietary Guidelines (and the process by which they are crafted) has ensued in prestigious medical journals such as of the Journal of the American Medical Association, British Medical Journal, and Annals of Internal Medicine.
- As a result, the House Full Committee on Agriculture held public hearings on October 7th, 2015 to take up the controversial 2015 Dietary Guidelines.
- Congress weighed in this December, requiring the USDA to hire the National Academy of Medicine to review the Dietary Guidelines, stating “The entire process used to formulate and establish the guidelines needs to be reviewed before future guidelines are issued.”
- **Going back to vintage eating, the way we ate before there were national dietary guidelines, is a potential path back to vibrant health.**

“I hope this [review] will make sure that the Dietary Guidelines are science-based... They keep changing so much I’m not sure how many of the American people pay attention to it anymore.”

Rep. Collin C. Peterson (D-Minn.)
Ranking Member of the House Agriculture Committee



Highlights from the NEW*

2015 DIETARY GUIDELINES FOR AMERICANS

- Remove cholesterol from the list of ‘nutrients of concern,’ but continue to counsel that Americans should eat as little of it ‘as possible’, in spite of the Dietary Guidelines Advisory Committee’s recommendation that dietary cholesterol be exonerated.
- Raised the bottom limit on % of calories from dietary oils.
- Still strictly limit saturated fat, despite the Academy of Nutrition and Dietetics’ (representing Registered Dietitians) request that saturated fat be removed from the list of ‘nutrients of concern.’
- Still restrict sodium, despite the Academy of Nutrition and Dietetics’ request that sodium restrictions be eased.

*released 1/7/2016

Why experiment in

Pittsburgh?

Because cities get things done.

“Some of the worst scourges we face, those problems can be solved by responsible municipal governments, cities and mayors working together. There’s lots and lots that cities can do even when opaque, stubborn nations refuse to act.”

Benjamin Barber
Author, *If Mayors Ruled the World*

We have a huge chronic disease problem in our country that gets worse every year. Gridlock in Washington and scientific uncertainty dictates that we merely tweak our current dietary approach when an overhaul is needed. There are alternative, real food based full-fat diets that work for many eaters; other countries are leading the way with meaningful participation rates. It is time to start talking openly about these diets in America. It is time to sidestep the

policy quagmire at the federal level and try to save some lives at the local level.

Middle and lower-income citizens experience a ‘health gap’ that has widened with four decades of low-fat dietary advice. Our minority communities are among the hardest hit, particularly with diabetes. The foundation community has an opportunity to step in and help one American city, Pittsburgh, experiment with going back to vintage eating – full-fat eating for better health and weight control. Let’s bring some options for healthier eating to Pittsburgh’s less-affluent citizens.



Pittsburgh: Leading the Way to Vibrant Health

Pittsburgh’s prominent healthcare industry makes it a natural place to work on the tough challenges of diet-related disease. A happening in Pittsburgh would build on our city’s strengths.

Lessons learned in Pittsburgh could spread quickly as other cities follow Pittsburgh’s lead. Across our country, communities are motivated to reduce the crushing cost and health toll of escalating chronic disease rates. Pittsburgh could lead the country away from dated and ineffective national dietary recommendations toward real food and vibrant health.

“Folks, cities are where hope meets the street..And if you don’t want to spend your whole life waiting to change something, I happen to believe that you oughta be in cities... You pick an issue – childhood obesity, adult literacy, immigration – and we are dealing with those issues head on in cities...If you open up your [local] government to talent and merit and let it come in...you can make transformational change faster than you typically can at the federal level.”

Kasim Reed
Mayor of Atlanta

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