

## Eating Like the World Depends On It (because it does)

Webinar Questions Answered by David Katz, MD, MPH, FACPM, FACP, FACLM

- Do you speak to audiences that aren't health care professionals? I'd love to see your presentation featured on PBS.

YES, AND THANK YOU.

- My feeling is that organic is not always the best for the earth, and my example is this: organic bananas have a lower yield, so to produce x number of organic bananas it is necessary to cut down more rain forests. thus, it may be better to eat nonorganic bananas. Is this true?

YOU ARE CORRECT- THERE IS A LOT OF NUANCE AND EDGE CASES. IT IS BETTER 'IN GENERAL,' BUT THERE CAN BE IMPORTANT TRADE-OFFS. THE BEST EXPERT ON KNOW ON SUCH SUBTLETIES IS PROF GIDON ESHEL AT HARVARD: <https://www.radcliffe.harvard.edu/people/gidon-eshel>

- Agree that we should be sounding the alarm about the obesity epidemic which kills more people than covid. Why so much silence on this? Also, it seems that Registered Dietitians continue to be underutilized when so many of us realize the need for medical nutrition therapy and prevention using food recommendations? Are RDs not "tooting their own horn" enough or is it because something else?

SOMETHING ELSE, IN MY VIEW: <https://www.linkedin.com/pulse/companies-love-misery-david-l-katz-md-mph-facpm-facp-faclm/> ; [https://www.huffpost.com/entry/the-obesity-fix\\_b\\_6261440](https://www.huffpost.com/entry/the-obesity-fix_b_6261440)

- I am always hesitant to bring up the environmental piece of plant-based eating with patients, finding it often evokes political leaning (even though I don't believe that should) and have a hard time reconciling that as I work for a small hospital representing a very divided community. Any suggestions on how to present this so as not to offend anyone?

ACTUALLY, I THINK IT IS THE BEST WAY TO ARGUE FOR PLANT-BASED EATING THAT AVOIDS OFFENSE BECAUSE THE EVIDENCE IS ABSOLUTELY DECISIVE; IT IS NOT AT ALL ABOUT CHOOSING A 'DIET TRIBE,' SIMPLY ABOUT PRESERVING THE PLANET WE ALL SHARE AND CALL HOME:

<https://theconversation.com/meat-is-a-complex-health-issue-but-a-simple-climate-one-the-world-needs-to-eat-less-of-it-44006> ; <https://pubmed.ncbi.nlm.nih.gov/26231772/> ; <https://www.smh.com.au/lifestyle/health-and-wellness/how-to-coax-those-around-you-to-eat-a-little-less-meat-20210708-p5884o.html>

- As a world view, I understand that the keto diet is not best for the planet. It is really a first world focused type of diet, but it is so concerning that so many physicians including endocrinologists in diabetes management are pushing this way of eating to manage diabetes. Yet plant based seems to be better for gut microbiota and blood sugar management where a keto diet is not. But people do not want to try plant focused/forward way of eating. How do we get them to buy in?

OBVIOUSLY, NO ONE HAS THE DEFINITIVE ANSWER TO THIS. BUT ONE THING WE WANT TO EMPHASIZE: WE SHOULD NOT BE FOCUSED MORE ON LOSING WEIGHT THAN FINDING HEALTH- OF

THE TWO, FINDING HEALTH IS MORE IMPORTANT. THERE IS NO EVIDENCE THAT 'KETO' CAN HELP WITH THIS, AND OVERWHELMING EVIDENCE THAT PLANT-BASED EATING CAN. SO WHY NOT ACHIEVE WEIGHT LOSS IN A WAY KNOWN TO BE GOOD FOR YOUR LASTING HEALTH, AND BETTER FOR THE PLANET INTO THE BARGAIN?

- Could you post some of the links, books, and articles you referenced in the Q&A?  
A FEW HERE:

MY BOOKS: <https://davidkatzmd.com/books/>

MY WIFE'S RECIPE SITE: <https://cuisinicity.com/>

TRUE HEALTH INITIATIVE: <https://www.truehealthinitiative.org/>

DIET ID: <https://www.dietid.com/>

- This seems to put much of the onus and charge on individuals. What would it take for food industry/big ag to adopt similar goals of saving the planet/improving health versus aiming for profits from ultra-processed foods made cheap and convenient?

A LOT, CLEARLY. I BELIEVE THAT BOTH INDIVIDUAL EMPOWERMENT AND COLLECTIVE ACTION ARE WARRANTED; MY 6-PART SERIES ON PERSONAL VS. PUBLIC RESPONSIBILITY ON THE HUFFINGTON POST:

[https://www.huffpost.com/entry/personal-responsibility-for-health\\_b\\_3379279](https://www.huffpost.com/entry/personal-responsibility-for-health_b_3379279)

- Does your team for the authored books have Registered Dietitians involved? How often do you collaborate with RDNs in your career or your day-to-day?

YES; EVERY DAY. MAJOR PART OF MY LAB AT YALE FOR >20 YEARS; MAJOR PART OF MY TEAM AT DIET ID.

- Would you say that low carb diets are harmful to both the environment and humans? Since they restrict some vegetables, fruits, and whole grains?

GENERALLY, YES. BUT- THEY DON'T HAVE TO BE: <https://bmjopen.bmj.com/content/4/2/e003505>

PERSONALLY, I DON'T THINK THERE'S MUCH VALUE IN SUMMING UP DIETARY PATTERNS BY MACRONUTRIENT THRESHOLDS.

- Amazing presentation. How can we tackle this issue in healthcare facilities?

THANK YOU, AND...I HAVE LOTS TO SAY ON THIS TOPIC, BUT CAN'T FIT IT HERE. HERE IS A RELEVANT RESOURCE: <https://www.lifestylemedicine.org/>

- Question about DIETID. Did you say this can assess impact of a diet on the environment?

WE ARE WORKING ON THAT APPLICATION FOR EARLY 2022

- Have you implemented your Diet IQ technology in a clinical hospital setting? As a clinical RD working at a hospital, I was curious to see any feedback.

YES. PLEASE CONTACT US VIA DIETID.COM TO GET THE DETAILS

- Can you explain the meaning of the colors on your chart: chicken is pink, olive oil is orange, SSB's are blue?

NOT MY CHART- FROM A PEER-REVIEWED PAPER. BASICALLY, A COLOR CODE OF ADVERSE IMPACTS- GREEN IS BEST, RED IS WORST, OTHER COLORS ARE INTERMEDIATE

- I teach a nutrition course for nursing students. I am interested in Diet ID to use for an assignment for my students to evaluate their diet. Is this Diet ID available for students for free?

WE CAN LIKELY MAKE THAT ARRANGEMENT FOR YOU. PLEASE CONTACT US VIA DIETID.COM

- Does Diet ID include a variety of cultural foods?

YES!! VERY IMPORTANT

- What are your opinions on the Health at Every Size Movement? Do you believe that someone in a larger body could be healthy and be following a “healthy” diet?

OBESITY IS A HEALTH RISK FACTOR, AND MANY PEOPLE ARE NOT HEALTHY BECAUSE OF EXCESS WEIGHT. SO, WHILE I SUPPORT THE GOAL OF THIS MOVEMENT IN REDUCING STIGMA, THE SIMPLE FACT IS THAT ‘SIZE’ AND HEALTH OFTEN (BUT NOT ALWAYS) TRACK TOGETHER. AS FOR ‘HEALTHY DIET’ AND SIZE- THAT IS A DIFFERENT ISSUE. SOME PEOPLE GAIN WEIGHT FAR MORE READILY THAN OTHERS, AND IT IS CERTAINLY POSSIBLE TO WIND UP WITH A ‘LARGER BODY’ DESPITE EATING WELL. MORE ON THIS TOPIC: [https://www.huffpost.com/entry/obesity-crisis\\_b\\_1967677](https://www.huffpost.com/entry/obesity-crisis_b_1967677) ; <https://davidkatzmd.com/article/lean-is-healthier/>