



**The Good Clean Nutrition Podcast
Episode 9 Show Notes**

Episode 9: The Crusade to Make Diet a Vital Sign with David L. Katz, MD, MPH, FACPM, FACP, FACLM

Welcome to Season 2 of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy, MS, RD! We're kicking off the season with a conversation with Dr. David Katz, MD, MPH, FACPM, FACP, FACLM, founder, CEO and principal owner of Diet ID.

Dr. Katz is a globally recognized specialist in preventive medicine and lifestyle medicine, with expertise in nutrition. In addition to his work with Diet ID, he is the founder and former director of Yale University's Yale-Griffin Prevention Research Center, Past President of the American College of Lifestyle Medicine, and President and Founder of the non-profit True Health Initiative. A highly respected author and recipient of numerous awards for teaching, writing, and contributions to public health, Dr. Katz has received three honorary doctorate degrees and is also a Fellow of the American College of Preventive Medicine, the American College of Physicians, and the American College of Lifestyle Medicine.

To kick off the conversation, Dr. Katz shares what sparked his interest in preventative medicine. A paper titled *Actual Causes of Death in the United States* published by the *Journal of the American Medical Association* listed smoking, poor diet, and lack of physical activity as the top three causes of premature death, accounting for 80% of premature death and chronic disease in the country. He felt quitting tobacco and getting more exercise, while sometimes challenging, are straight-forward solutions, while how to adjust your diet is a lot more confusing.

Today, diet is the single leading predictor of premature death and chronic disease. Dr. Katz believes it should be monitored and addressed as a vital sign, because "we manage what we measure." The traditional way of measuring diet is difficult because humans are bad at recall. Instead, Dr. Katz has engineered the diet structure by putting together common diet types for patients to choose from. He believes that this will increase the need for registered dietitian nutritionists who will be referred to by their doctor to help manage their vital problem.

High quality diets consisting of more fruits, vegetables, whole grains, beans, lentils, nuts and seeds and limited ultra-processed foods and excessive meat consumption contribute to the quality of health and longevity. High quality, longevity diets also tend to be better for planetary health. Healthcare professionals, he says, should be some of the loudest voices in advocating planetary health, and there will be no human health if we do not take care of the planet.

There are many ways to eat well. Cultural preferences and history are key to personalizing nutrition recommendations for people looking to optimize their diet quality. Dr. Katz also offers advice for those with financial or access constraints and disputes the myth that nutritious foods always cost more, instead encouraging increased food and nutrition literacy and cooking skills to help people eat well on a budget. He explains that educating people on what things are nutritious for them and how to prepare it is essential, as well as giving people tools to understand food labels and what they really mean.



Links:

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Connect with Dr. David Katz on [Facebook](#), [Twitter](#), [YouTube](#) and [LinkedIn](#), and visit his [website](#). Learn more about Diet ID, Dr. Katz's revolutionary dietary assessment tool, on their [website](#) and follow them on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#).

Learn more about the [True Health Initiative](#), a non profit founded by Dr. Katz, and follow them on [Instagram](#), [Facebook](#), and [Twitter](#).

Mentioned in this episode:

- [Actual Causes of Death in the United States](#), JAMA
- [Salt Sugar Fat: How the Food Giants Hooked Us](#) and [Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions](#), Michael Moss
- [Healthy Eating Index \(HEI\) 2015](#), USDA
- [2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association](#), Circulation
- [Breakthrough Dietary Assessment Method Tracks with Biomarkers](#), Diet ID and Boston Heart Diagnostics
- Learn more about [Food + Planet](#)
- [The São Paulo Declaration on Planetary Health](#), Planetary Health Alliance
- [Yes, There Has Been Progress On Climate. No, It's Not Nearly Enough](#), The New York Times
- [Climate crisis: Over 200 health journals urge world leaders to tackle "catastrophic harm"](#), BMJ
- [A cost comparison of more and less nutritious food choices in US supermarkets](#), Cambridge University Press
- Check out incentive programs to improve access to healthy food: [Tangelo](#) and [WholesomeWave](#)
- Check out Catherine Katz's website, [Cuisinicity](#), for healthy recipes

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including one by today's featured guest, Dr. David Katz, titled Eating Like the World Depends on It (Because It Does), [here](#). Visit healthcare.orgain.com and click the Professional Education tab to learn more.

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