Finding Common Ground

Opening Remarks

David Katz, MD, MPH
What **REALLY** Kills us?...


The People in Potsdam-


- Or the UK:

- Or the US
Fresher still? The beat goes on…


The Master Levers of Destiny -

- Feet
- Forks
- Fingers

But....
Health Diet/Nutrition

Low-Carb Diet Beats Low-Fat for Weight Loss

• Mandy Oaklander @mandyoaklander

Sept. 1, 2014
Controversy, in lieu of consensus-

Feature Nutrition *The scientific report guiding the US dietary guidelines: is it scientific?*

- *BMJ* 2015; 351 doi: http://dx.doi.org/10.1136/bmj.h4962 (Published 23 September 2015)
- Cite this as: *BMJ* 2015;351:h4962
Health. Weight Control. Happiness with Food!

- Yucky Cheeses
- Krappy Kreme
- Burger Queen

Fast food and junk food items are depicted.
WE AGREE
Health. Weight Control. Happiness with Food!