

The 30 Pound Club

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Proportion

I asked and you delivered: I got more responses to last Wednesday's message than any other time I've asked for your opinion. There's a lot you want to know about calories, carbohydrates, proteins, fats, nutrition labels, and much more. This Saturday's message will be on whole grains and you really don't want to miss it. But I thought I would start with something that can be confusing. What's the optimal proportion of carbohydrates to protein to fat? These are called macronutrients.

If you were to listen to the Paleolithic and Atkins diet proponents, they would say high protein and low carbohydrates. If you were to listen to the Ornish and Pritikin diet proponents, they would say as low fat as possible with high carbohydrate and moderate protein. If you were to listen to the Zone proponents, they would say a balance of protein to carbohydrate to fat. So who is actually correct? Let's turn to the recently published Dietary Guidelines for Americans, 2010, for adults 19 yrs and older (1): carbohydrate 45–65%, protein 10–35%, fat 20–35%.

Who's right? Turns out they all are. Clear as mud, wouldn't you say? In the discussion of this section, researchers said this: "Strong evidence shows that there's no optimal proportion of macronutrients that can facilitate weight loss or assist with maintaining weight loss." I agree with that statement. In effect, they're really saying know yourself and how you respond to every nutrient.

There's no wrong answer—only answers that are wrong for you. If you wonder why I promote the Inherent Health Weight Management Genetic Test, this is the reason. Because there are no data to suggest that any one proportion of macronutrients is the right way, if you know your genetic pattern for processing carbohydrates and fats, it will put the odds in your favor. Then it's just a matter of selecting the foods that fit the pattern. Well, actually, there's one more thing: you can't overeat even if you are eating right for your genes.

Because carbohydrates should compose the highest percentage of any diet, I'm going to cover that topic next. I'll start by talking about whole grains on Saturday. What are they? How do I determine if a food really has whole grains? Are the chips I'm eating that say they're made from whole grains really better? All that and more on Saturday.

If you haven't sent in what you'd like to know more about, just send a message to 30poundclub@drchet.com. I read them all, and I'll tailor future messages to answer what you want to know.

One and Done.

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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