



Six Things Everyone Should Know About Diet & Weight

- **There is no correlation between wheat consumption and obesity rates.**^{5,6}
 - Per capita consumption of wheat has declined in the United States, while obesity rates have gone up. In France, wheat consumption is 50% greater than that of the U.S., but the obesity rate is a third. Italians consume more than double the amount of wheat and have one-quarter the obesity rate of the U.S.
- **There is no magic bullet for achieving or maintaining a healthy weight....except a diet with the right amount of calories for you as well as regular physical activity.**
 - Fad diet plans aren't grounded in sound science and often rely on an author's anecdotes. A balanced diet with moderate portions that includes all food groups coupled with daily exercise is the best solution for long term health and weight management.
- **Most fad dieters can only stick with a plan for a few weeks or months.**
 - It is possible to lose weight quickly by following fad diets that eliminate entire food groups. While you may lose weight in the short run, these diets aren't sustainable and don't work in the long run. Yo-yo dieting, the ongoing, repeated cycle of weight loss & regain, is associated with more weight gain over time.⁷
- **Achieving and maintaining a healthy weight can have transformative health effects.**
 - Moderate weight loss is the number one recommendation of diabetes experts around the world. Studies show weight loss can also improve other conditions, including sleep apnea, acid reflux and some rashes.
- **Carbohydrate intake is key for a healthy weight.**
 - Research indicates people with moderate- to high-carb diets tend to weigh less than people who consume fewer carbs.⁸
 - According to the Institute of Medicine, people should consume about half (45-65%) of their daily calories from carbohydrates. Grains (like wheat) as well as fruits, vegetables, legumes and dairy products are all important sources of carbohydrates.
- **No single food or food group is responsible for the global obesity epidemic.**
 - The human diet is complex and varied. Blaming one food for an epidemic is a gross oversimplification.