



# SAD Dieting

How the Standard American Diet has changed





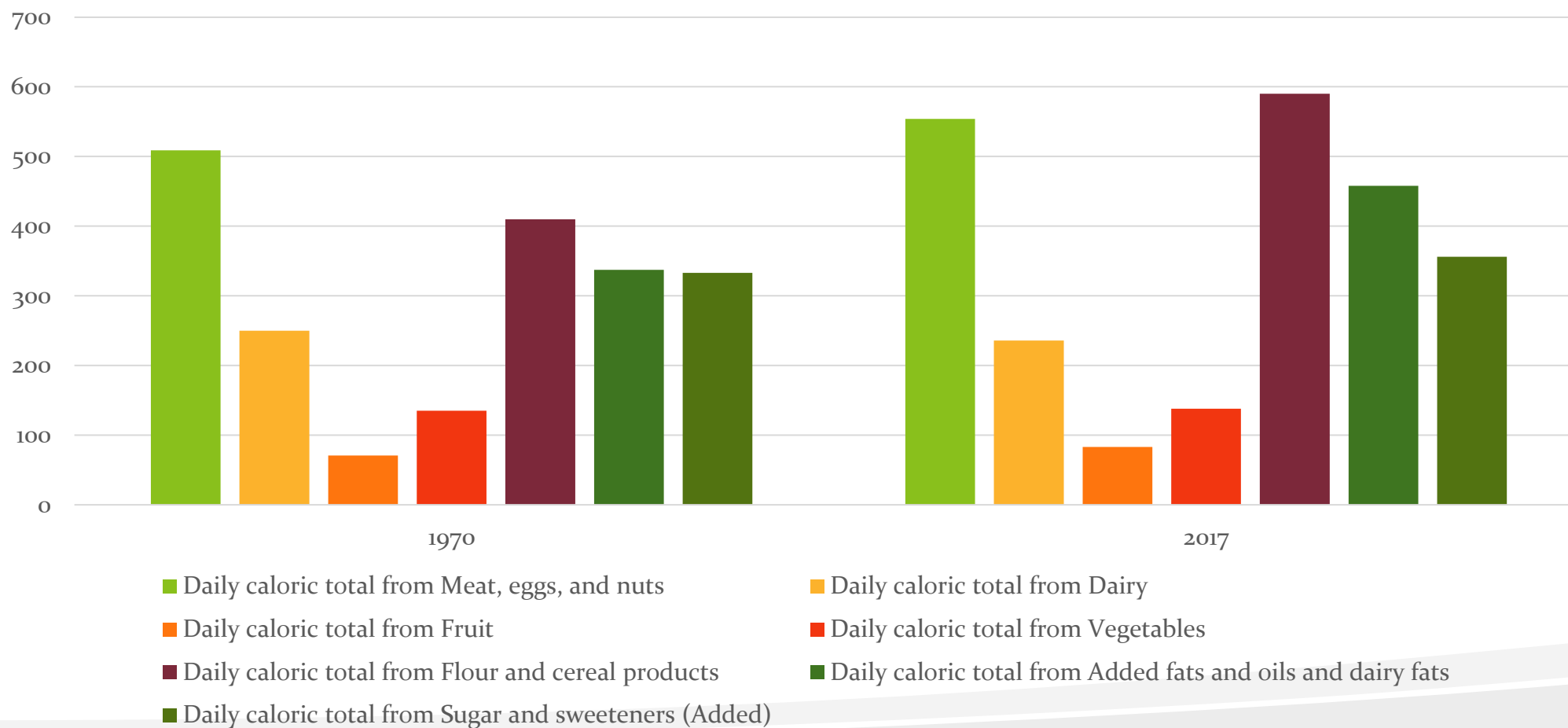
# What is the SAD diet

- Current eating patterns in the United States<sup>1</sup>
- Changes over time, measured through food availability and population survey<sup>1</sup>
- Currently associated with calorie-dense, nutrient-poor food<sup>2</sup>
- Frequently cited as the cause of the obesity epidemic<sup>2</sup>
- High in sugars, saturated fats, and sodium<sup>1</sup>
- Low in vegetables, fruits, healthy oils, and dairy<sup>1</sup>





# Daily caloric consumption changes, 1970-2017





## How do we compare to the USDA guidelines<sup>1</sup>?

- We eat the “right” amount of grains
- We eat too little dairy
- Most of America gets enough meat
- We need to eat more vegetables
- We need to eat more fruits
- We eat too much fat
- We eat too many sweeteners

Class	1970	2017
Grains	410	590
Dairy	250	236
Meats	509	554
Vegetables	135	138
Fruits	71	83
Fats	337	458
Sweeteners	333	356





# What we're told

- Obesity started in the 1970's. Today's diets should show a significant increase in nutrient-poor foods and a decrease in "healthy" foods and on cursory examination, they do
- Media figures such as Dr. Oz tell us<sup>3</sup>:
  - Eat whole grains and rice
  - Eat lean proteins like chicken breast or tofu
  - Add beans and lentils to other foods
  - Make vegetables the focus
  - Substitute smoothies and home-made energy bars for meals
  - Eat turkey jerky/bacon as alternatives
  - Drink fruit infused water instead of soda or juice
  - Eat healthy fats from olive oil and nuts



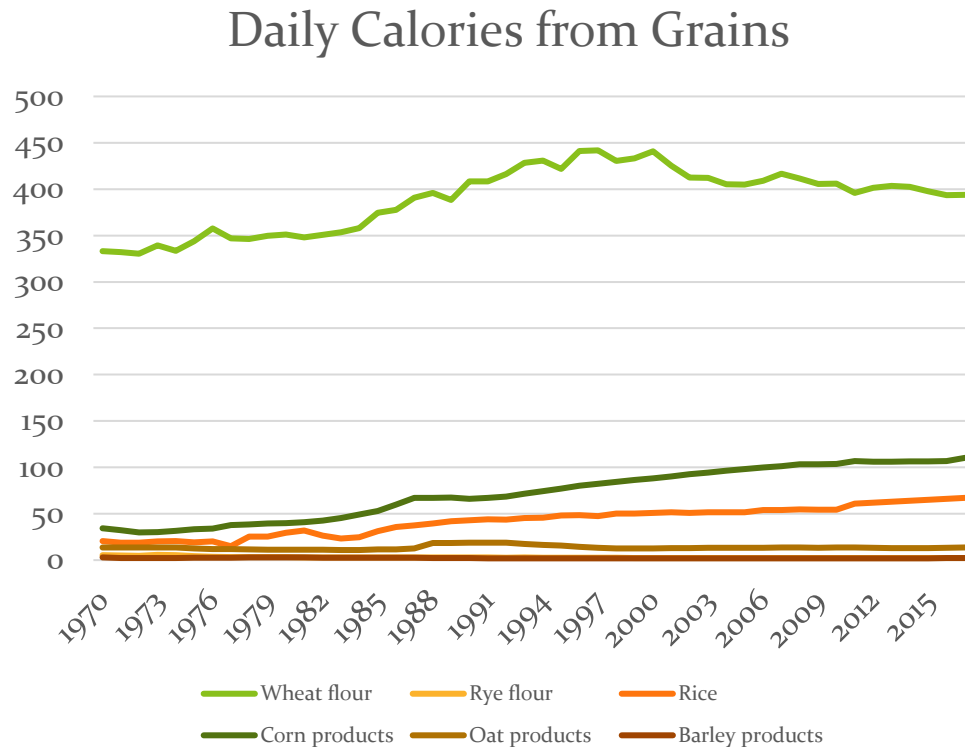


# A Bigger Helping of Data

A deeper look into what we eat today



# Changes in Grain Consumption



Substantial increase in caloric intake overall from grain sources

Wheat consumption has fallen since the mid-90s but remains higher than 1970

Rice and Corn consumption are growing rapidly

These data do not include the latest trends in “Ancient Grains” like quinoa or cuscus which would skew the numbers higher



# How Fats Have Changed

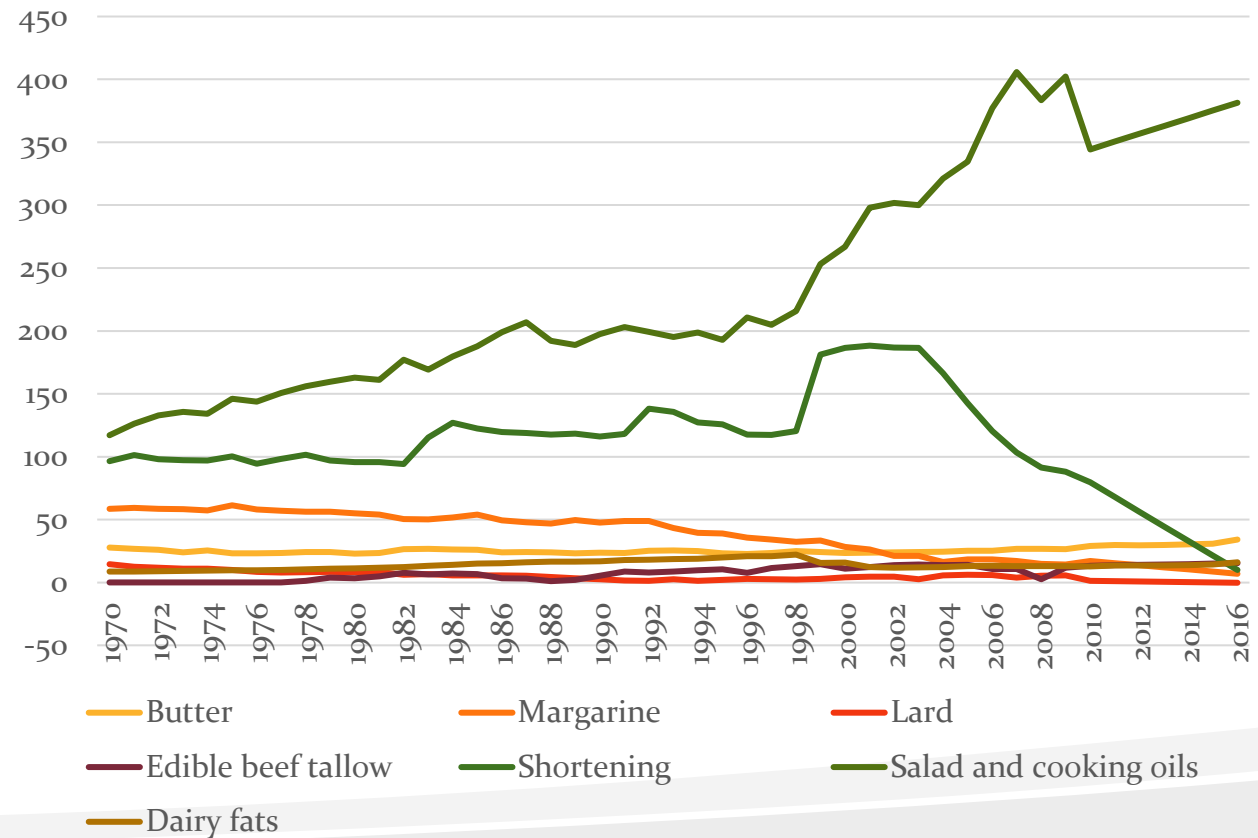
The villainized fats such as margarine and shortening have seen a drastic decrease in use over recent years

The use of olive oil and other “healthy” oils has skyrocketed

Dairy fats have seen a 100% increase, but remain low

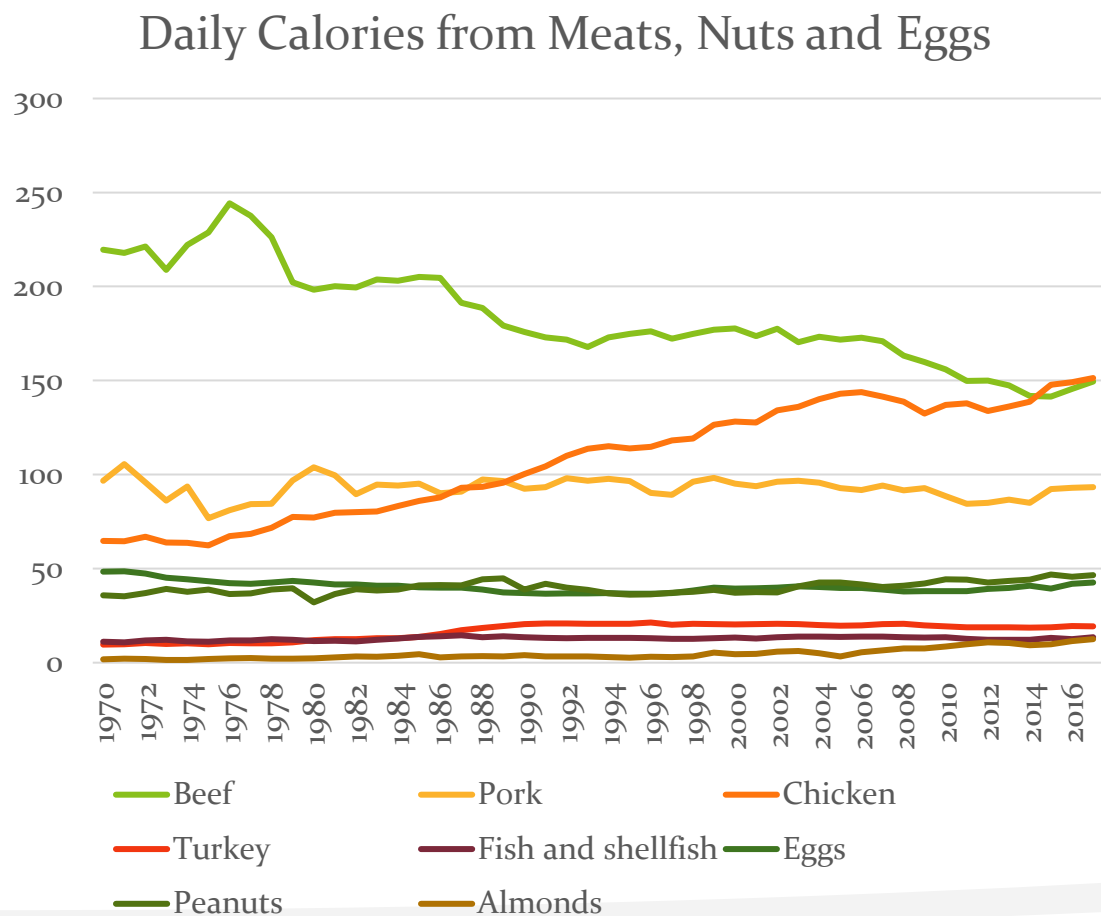
In 2000, the USDA changed reporting guidelines for fats and oils, so these data may not be reliable to compare 1970 and today

Daily Calories from Fats





# The Carnivore in All of Us



Overall meat consumption has risen, but only by about 9%

Red meat consumption has dropped considerably.

Lean meats, such as chicken and turkey have seen a dramatic increase in total share of daily calories.

Fish, shellfish, egg and pork consumption has remained flat since 1970.

Nuts, especially almonds, account for 50% more daily calories today.

Calories from almonds alone have gone up more than 500%.



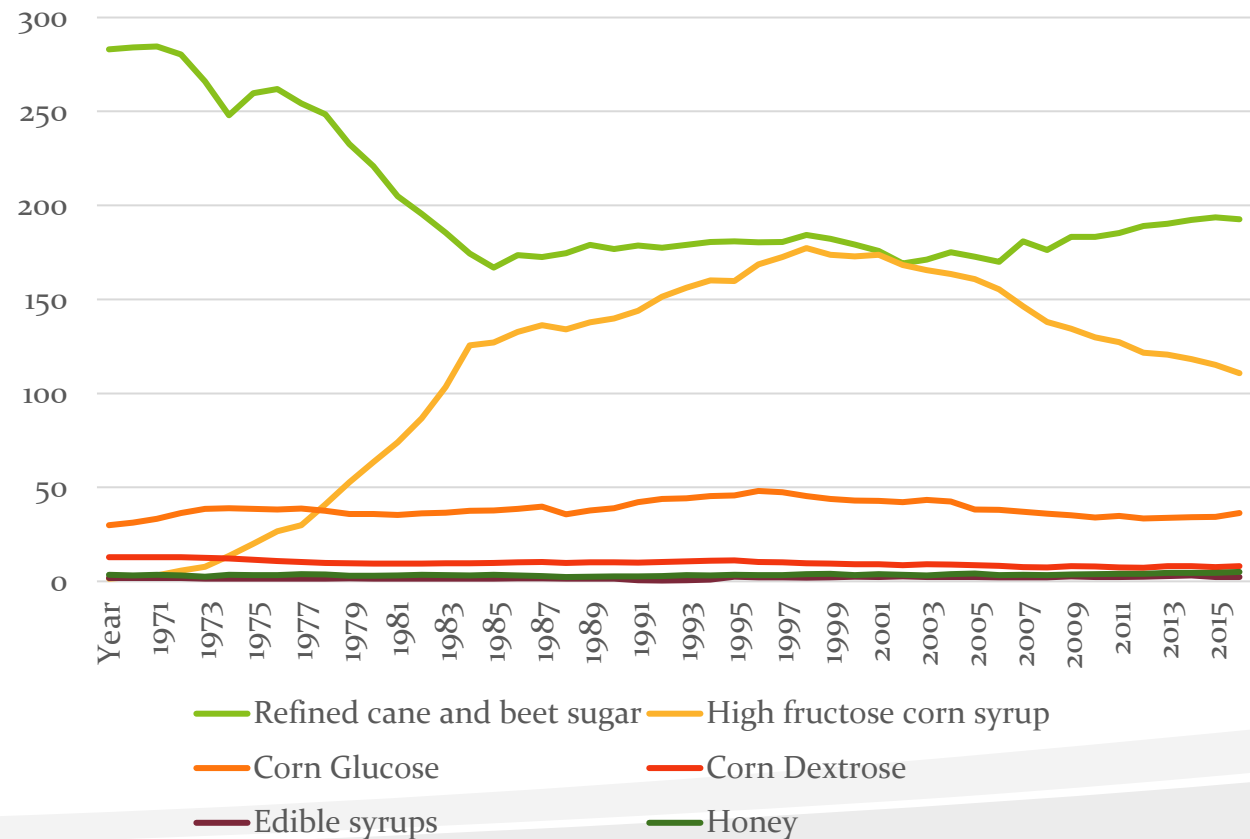
# Make Life a Little Less Sweet

Overall our sweetener intake has not drastically increased, but some key changes have occurred.

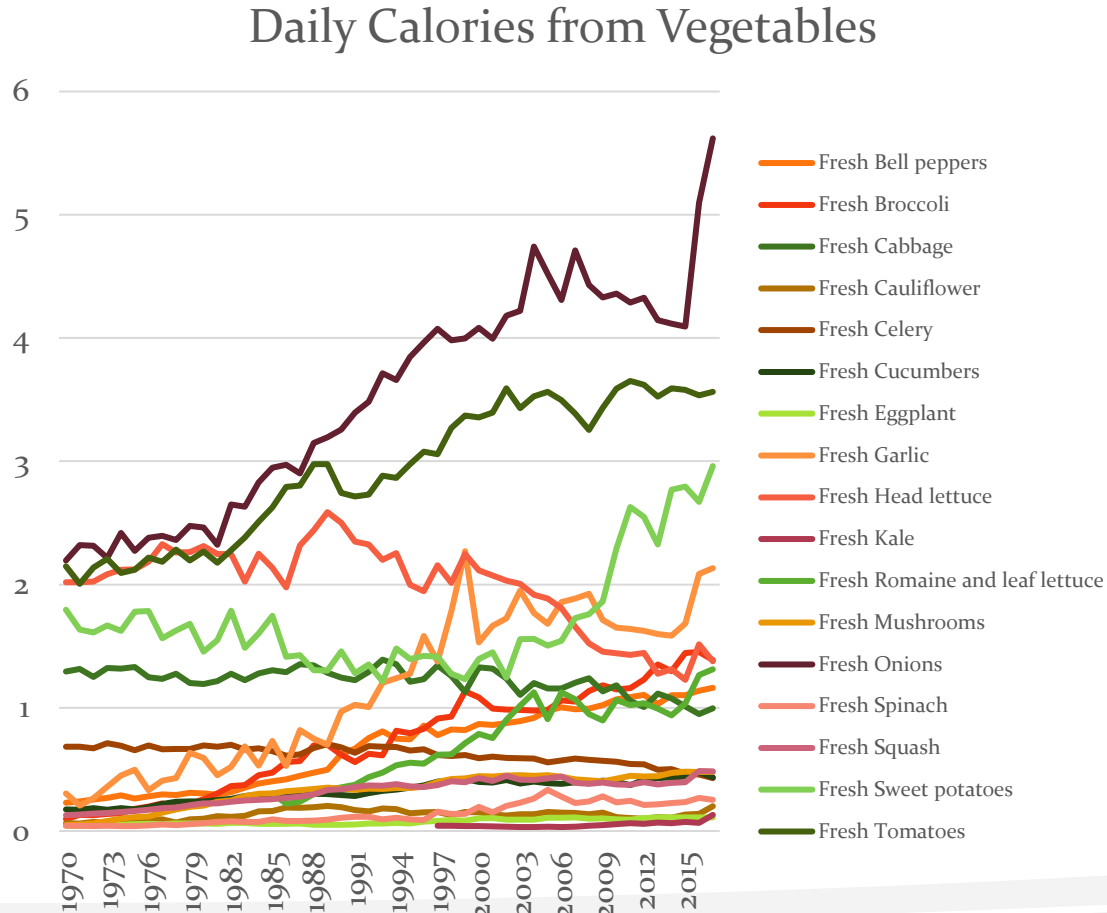
High fructose corn syrup has replaced raw cane sugar in many applications and been added in many more although its use has been declining since the 1990's.

Most sweetener use has remained flat, except a sharp decline in the application of cane sugar.

Daily Calories from Sweeteners



# Vege-crazy in the USA-zy



Potato consumption has fallen by almost 50%. Not listed due to scale.

Nightshade vegetables have all seen increases in consumption

Leafy green intake in the form of spinach, romaine and kale, has drastically increased although head lettuce consumption has fallen

Onions, bell peppers, sweet potatoes and tomatoes have seen some of the highest rates of increase.

In 1970, kale wasn't considered a food. Today its consumption increases yearly at a high rate





# SAD-ly Meeting Our Goals

- ☒ Eat whole grains and rice
- ☒ Eat lean proteins like chicken breast or tofu
- ☒ Add beans and lentils to other foods
- ☒ Make vegetables the focus
- ☒ Substitute smoothies and home-made energy bars for meals
- ☒ Eat turkey jerky/bacon as alternatives
- ☒ Eat healthy fats from olive oil and nuts
- ☐ Drink fruit infused water instead of soda or juice

Item	% Change
Rice	253
Chicken	143
Turkey	99
Beef	-35
Lamb	-40
Veal	-94
Beans and Lentils	802
Fresh Potatoes	-36
Broccoli	661
Lima Beans	601
Spinach	509
Romaine Lettuce	328
Kale	194
Raspberries	2065
Blueberries	1462
Salad Oils	185
Almonds	562





## What this all means

- Despite meeting our goals, obesity continues to climb
- Diabetes is becoming out of control
- Autoimmune disorders, now associated with inflammation caused by high insulin levels<sup>4</sup> and certain foods, are rampant
  - Parkinson's<sup>5</sup>
  - Crohn's
  - Multiple Sclerosis
  - Arthritis<sup>6</sup>
  - Psoriasis
  - Alzheimer's<sup>7</sup>





# References

- 1 - US Department of Health. (2020). *Current Eating Patterns in the United States*. Retrieved from US Department of Health Dietary Guidelines 2015-2020: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-2/current-eating-patterns-in-the-united-states/>
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- 3 - Oz, M., & Ansel, K. (2019, May 14). Dr. Oz's Secrets for Eating What You Love and Still Losing Weight. Retrieved from Woman's Day: <https://www.womansday.com/health-fitness/nutrition/g27308441/eat-to-lose-weight-dr-oz/>
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