

Dr. Caryn Zinn

A New Zealand based dietitian and senior lecturer and researcher at AUT. Caryn is also the co-author of 'What the fat!' and 'What the fast!' books. Caryn strongly believes that we got it all wrong with our existing high carb, low fat guidelines, and that we need to rectify this moving forward. Caryn is a firm "whole-food" advocate; and believe that everyone can benefit from eating in such a way that is low(er) in carbohydrate and higher in healthy fat than our current system guides.

Areas of Discussion and key points from the interview

- Caryn's involvement in the landmark hearing against Prof Tim Noakes based on his LCHF recommendations to the community (via twitter!). Prof Noakes was ultimately cleared of any wrong doings
- There are NO good studies that have ever been done that justify keeping saturated fat to only 10% of our intake!
- Caryn's research at AUT now very much focused on low carb and thus far has included LCHF and the defence force, kids, menopausal women and Pacific Island workers (to name a few). Issue = funding!



Key Messages from the 'Food for thought' and 'Diabetes and LCHF' conferences in 2018

- A quote from the editor of the British Medical Journal (BMJ): "It is fair to say that we can all agree that the saturated fat causing heart disease story is something we got wrong and we need to move on" - an extremely encouraging statement
- Carbohydrate quality is extremely important
- Other issues: processed food
- Areas of growth: the gut and microbiome
- Diabetes used to be discussed in the context of being a progressive disease i.e. once you got it, it was only going to get worse. We are now talking about 'reversal' and 'remission' of diabetes because of changes we can make in diet - this is ground breaking.

Tips for newbies

- Know what you want to get out of changing your diet/lifestyle i.e. your WHY. Your approach will be different depending on this
- The benefits of low carb are not purely based on being in ketosis. There are many benefits from simply eating a whole real food diet that is lower in carbohydrate
- "Eating off the plan, is part of the plan" - we need to be realistic and kind to ourselves
- Be patient! This is a lifestyle. You've got the rest of your life to 'get it right'
- Don't forget the SALT!

