

# SOUTHWESTERN NEWS

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## INTERNATIONAL CONFERENCE TO EXPLORE OPTIMAL FAT & CARBOHYDRATE INTAKE

DALLAS — April 5, 1996 — "Low-fat" and "fat-free" have become popular and profitable labels on hundreds of new products on grocery-store shelves, yet Americans are more obese than ever.

Lulled by the promises of "guilt-free" cookies, ice creams, chips and other nutritionally empty foods, many people have unwittingly increased their carbohydrate intake by consuming these lower-fat products, and researchers suspect that it's making people fatter.

While there are no specific Recommended Dietary Allowances for carbohydrates or fats, the American Heart Association and the National Cholesterol Education Program recommend that 30 percent or less of total calories come from fat, 50 percent to 60 percent from carbohydrates and 10 percent to 20 percent from protein. An increased carbohydrate intake may raise blood triglyceride and glucose levels and insulin requirements. Higher saturated fat intake is associated with increased cholesterol and heart disease.

Leading nutrition researchers from the United States, Europe and Australia will convene at UT Southwestern Medical Center at Dallas April 22-23 to debate the optimum ratio of fats and carbohydrates in the diet, at The Second International Conference on Fats and Oil Consumption: How We Can Optimize Dietary Composition to Combat Metabolic Complications and Decrease Obesity.

Since monounsaturated fats, such as those found in olive oil, do not raise cholesterol levels, particular attention will be given to the optimal ratio of monounsaturates to

(MORE)

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## DIETARY CONFERENCE — 2

carbohydrates.

Dr. Scott Grundy, director of the Center for Human Nutrition, will co-chair the conference with Dr. Martijn Katan of the Agricultural University of the Netherlands. The conference is sponsored by UT Southwestern and The New York Hospital-Cornell University Medical College. It is made possible by a grant from the International Olive Oil Council.

Scheduled speakers in addition to Grundy and Katan include: **Dr. Arne Astrup** of Royal Veterinary and Agricultural University in Denmark; **Dr. Marc Friedman** of Monell Chemical Senses Center; **Dr. Abhimanyu Garg** of UT Southwestern; **Dr. Jules Hirsch**, of The Rockefeller University; **Professor Eric Jequier** of the University of Lausanne in Switzerland; **Dr. Michael Jessen** of the Mayo Clinic; **Dr. Denis J. McGarry** of UT Southwestern; **Dr. G.J. Miller** of Wolfson Institute of Preventive Medicine in the United Kingdom; **Professor Andrew Prentice** of MRC Dunn Clinical Nutrition Centre in the United Kingdom; **Professor Jaap Seidell** of the National Institute of Public Health and Environment in The Netherlands; **Professor Stewart Truswell** of the University of Sydney in Australia; **Dr. David West** of Pennington Biomedical Research Center; **Dr. Walter Willett** of Harvard School of Public Health; and **Dr. Robert Wolfe** of The University of Texas Medical Branch at Galveston.

The fee is \$200 for doctors; \$100 for physician assistants, dietitians and nurses; \$25 for outside students and free to UT Southwestern students and members of the Friends of the Center for Human Nutrition.

For more information, contact UT Southwestern's Office of Continuing Education, 5323 Harry Hines Blvd. Dallas, TX 75235-9059, (214) 648-2166, fax: (214) 648-2317.

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