

Graduate School Seminar Series



THE UNIVERSITY OF
MELBOURNE

MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**

The Quality of Calories: Competing paradigms of obesity pathogenesis, a historical perspective

Mr Gary Taubes

Co-founder and Director
The Nutrition Science Initiative



Long-held beliefs about the role of energy balance in weight regulation and obesity may be flawed. Taking a historical perspective, this seminar will discuss the existence of an alternative hypothesis for obesity – that it is caused by a defect in the regulation of fat metabolism and fat storage, a fat-trapping disorder rather than an energy balance disorder. If true, this alternative hypothesis has profound implications for prevention and treatment of both obesity and its associated chronic diseases.

Gary Taubes is co-founder and director of the non-profit Nutrition Science Initiative (NuSI). He is an investigative science and health journalist, and the author of *The Case Against Sugar*, *Why We Get Fat* and *Good Calories, Bad Calories (The Diet Delusion)*. Taubes is a former correspondent for the journal *Science* and staff writer for *Discover*. He has received numerous awards for his journalism including a Robert Wood Johnson Foundation Investigator Award in Health Policy Research.

Wednesday 9 October 2019

12.30 - 1.30 pm, Seminar Room 515

Melbourne School of Population and Global Health

Level 5, 207 Bouverie Street, Carlton

ALL WELCOME

(Please feel free to bring your lunch)