



USDA/Metabolic Revolution Meeting in Washington D.C.



On December 2, 2024, a delegation of five Metabolic Revolution volunteers met with two USDA officials at their Washington, DC headquarters. Our team (pictured above from left)—Steve Fields, Mark Cucuzzella, MD, Tony Hampton, MD, Hannah Warren, and myself, Sandy Eisen—came with a singular mission: to advocate for science-based dietary guidelines that prioritize metabolic health.

Our Message:

We implored the USDA to reimagine nutrition guidelines, school meals, and nutrition programs. **Our core recommendation:** emphasize proteins and healthy fats while discouraging carbohydrates, added sugars, and ultra-processed foods.

Lived Expertise:

Our team brings decades of frontline medical and community experience. Medical doctors Mark Cucuzzella and Tony Hampton have dedicated their careers to understanding metabolic health, working extensively with communities facing chronic illness. We have all witnessed the devastating impacts of obesity, insulin resistance, and chronic disease. Some of us have personally reversed severe conditions like lupus and bipolar disease through ketogenic interventions. You can read our testimonies [here](#).

Key Recommendations to USDA:

- Develop guidelines appropriate for all Americans, not just the metabolically healthy
- Revise current ineffective guidelines
- Discourage ultra-processed food consumption
- Provide comprehensive nutrition education
- Overhaul school breakfast programs currently dominated by sugary, processed carbohydrates
- Restrict SNAP support for sugary drinks
- Reconsider agricultural subsidies that conflict with nutritional health goals
- Recognize saturated fats as potentially beneficial, not harmful

Outcome:

We were heard with genuine attention and respect. This meeting was a powerful milestone in our ongoing advocacy. While the 2025-2030 Guidelines are in their final planning stages, we've planted critical seeds for future change and opened a direct line of communication with USDA representatives.

Next Steps:

USDA staff recommended engaging with Congressional representatives. Our dialogue is not an endpoint, but a strategic launching point for our continued mission to reshape nutritional policy.

Thank you for being part of Metabolic Revolution.

Best Wishes,
Sandy Eisen

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