



September 29, 2015 – Grand Rapids, MI

## Saturated Fat Debate

The new Dietary Guidelines for 2015 have stirred a lot of controversy this year and they aren't even published yet. The latest headline related to the new Dietary Guidelines has been an op-ed piece written by a journalist and published in the British Medical Journal (1). It has everything a good mystery has: potential conspiracy, implied payoffs, big business, ignoring facts. I'm going to take a look at it this week.

The paper *The Scientific Report Guiding the U.S. Dietary Guidelines: Is It Scientific?* was written by Nina Teicholz, an investigative journalist who has written for a number of well known publications. The controversy surrounds only one recommendation in the proposed Dietary Guidelines, and that's limiting saturated fat to 10% of daily calories. Teicholz uses her investigative skills to make a case that the scientific committee did not examine all the available data that indicates saturated fat is not related to cardiovascular disease. In addition, she implies that there's an influence of industry and a potential bias of the committee to promote a vegetarian diet. She calls for the government to intervene and make the process more transparent with potential conflicts of interest revealed and a rigorous review of all the science before any recommendations are adopted.



I'll continue my look at this op-ed piece on Thursday and give you the Bottom Line on Saturday.

What are you prepared to do today?

**Dr. Chet**

Reference: BMJ 2015;351:h4962 doi: 10.1136/bmj.h4962.

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