Dietary Fats, Overcooked: Lots of Heat, Little Light

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Nutrition in Medicine

Washington, DC
7-31-15
Dorothy, we are not in the Cretaceous anymore…

Seven Countries Study: Saturated fat and heart disease

Deaths from CHD per 10,000

Saturated fat [%E]

Japanese

Mediterranean

The original evidence... + outliers
Some KEYS to good health -

- Keys’ work is now ~70 years old; nutritional epidemiology did not stop then
- Keys never recommended Snackwells; they had not been invented yet
- If Keys’ work had never existed, we would likely know by now exactly what we know by now

  Katz DL. The Keys to Good Health. Huffington Post.
  - Posted: 08/14/2014 5:19
What if Fat Doesn’t Make You Fat?

Influential researchers are beginning to embrace the medical heresy that maybe Dr. Atkins was right.

By Gary Taubes
Dean’s Data-


Well, he tried...

By MICHAEL POLLAN

Published: January 28, 2007

Eat food. Not too much. Mostly plants.
Diet Research, Stuck in the Stone Age

- Posted: 09/02/2014
While fat intake was "trimmed" 5 percent, carbohydrate intake in that assignment was slashed 75 percent. This might have been billed "a study to compare a really big change from baseline diet to a really small change from baseline diet."
Less pepperoni, more…______?

Sat Fat redux…

Is butter REALLY back?

The Opinion Pages | Contributing Op-Ed
Butter Is Back MARCH 25, 2014

http://www.nytimes.com/2014/03/26/opinion/bittman-butter-is-back.html?_r=0
The Big Fat Surprise

NYT Bestselling author Nina Teicholz explains why butter, meat and cheese belong in a healthy diet.
My take-

- **The New Dietary Fat Study: What You Will Hear and What It Really Means**
  - Posted: 03/18/2014 4:20 pm EDT

- **Study: Saturated Fat as Bad as Sugar!**
  - Posted: 06/18/2014
Basically, this study showed that if you vary your intake of saturated fat or omega-6 fat without altering the overall quality of your diet, you are not likely to alter your health much either.

Well, duh.
By the way…

- I searched the full text of the Chowdhury meta-analysis for the word sugar to see if the replacement of saturated fat with sugar was considered or addressed.

- The word does not appear in the paper. Not once.
Dari’s own take-

Lifestyle as Medicine...
McGinnis & Foege’s Top Ten…


The People in Potsdam-


- **Or the UK:**

- **Or the US**
Fresher still? The beat goes on…


...to our pith and marrow; the case for nurturing nature:


Health Diet/Nutrition
Low-Carb Diet Beats Low-Fat for Weight Loss

• Mandy Oaklander @mandyoaklander
Sept. 1, 2014
Bird’s (Katz’?) eye view-


- **Science Compared Every Diet, and the Winner Is Real Food**
  - Researchers asked if one diet could be crowned best in terms of health outcomes. If diet is a set of rigid principles, the answer is a decisive no. In terms of broader guidelines, it's a decisive yes.

Other eyes, on the same prize -


- Katz DL, Hu F. Knowing what to eat, refusing to swallow it. Huffington Post. 7/2/14
Darwin’s dinner: 
Paleo diet, and variations on that theme


The low fat limbo stick-


On beyond zebra (and anything else with hooves, hair, scales, or feathers) -


Just saying no (more or less) -


High protein-

- Once…

- And future:
Low GL-


Variations on the glycemic theme-


The right Portfolio-

- Esposito K et al. Effects of a Mediterranean-style diet on the need for antihyperglycemic drug therapy in patients with newly diagnosed type 2 diabetes: a randomized trial. Ann Intern Med. 2009 Sep 1;151(5):306-14
Active ingredients?


Mediterranean diet’s EPIC hits:

- moderate consumption of ethanol
- low consumption of meat and meat products
- high consumption of vegetables, fruits and nuts, olive oil, and legumes
  - Minimal contributions were found for cereals and dairy products (*heterogeneity*)
  - Fish and seafood (*low consumption*)
“Eat food. Not too much. Mostly plants.”

-Michael Pollan
Much the same, in 572 pages…

- **Scientific Report of the 2015 Dietary Guidelines Advisory Committee**

Meat is a complex health issue but a simple climate one: the world needs to eat less of it

- July 5, 2015 4.18pm EDT
Mostly plants? *Fuhggedaboudit!*...


We don’t know everything -

- Stearic acid (18c)
- Lauric acid (12c)
- n-6 / n-3 ratio vs. total quantities
- ALA vs. EPA / DHA
- **IF** dairy: non-fat, low-fat, full-fat?
- Etc.
From Medscape Education Cardiology

Radical New Concepts in Lipid Management: Can LDL-C Levels Ever Be Too Low? CME

Kausik Ray, MD, MPhil, FRCP; Michel Farnier, MD, PhD; Jennifer G. Robinson, MD, MPH

CME Released: 06/25/2015 ; Valid for credit through 06/25/2016

Just when you think you know what you don’t know -

The big spoon… is culture.

GLiMMER
Global Lifestyle Medicine Movement to Effect Revolution
http://glimmerinitiative.org/

Lighting the World’s Way to Health

GLiMMER INITIATIVE
and... the True Health Coalition
GLiMMER: Vision

- The Earth is both a beautiful Blue Planet, and a universal Blue Zone
LiM

- Global coalition of lifestyle medicine organizations; ACLM as convener
- Development, Refinement, Dissemination of best practice models
- Contributions to medical education (all levels)
- Engagement of payers and policy makers to advance reimbursement models
- Participant in the True Health Coalition (aid, out)
- Able to leverage cultural supports (aid, in)
Radical idea: *Time to use what we know?*

- **Ending the Big, Fat Debate**
  - Posted: 07/15/2015
Ship & Sail, Wind & Wave

- Project components are “ship & sail,” specific to a given destination.
- The True Health Coalition generates a wind to fill all sails by establishing consensus, repudiating distractions and discord.
Join us -

- **True Health Coalition**
- **One Voice, United**
  - A global voice devoted to disseminating and applying what we know for sure about health promotion and disease prevention.

Sign up today to become a member of the True Health Coalition. Your voice matters!

- **sign me up!**
  - [http://glimmerinitiative.org/#coalition](http://glimmerinitiative.org/#coalition)
Health, Weight Control, Happiness with Food!
Health. Weight Control. Happiness with Food!
Thank you!

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