The Big Fat Surprise

NINA TEICHOLZ, AUTHOR OF THE BIG FAT SURPRISE: WHY BUTTER, MEAT AND CHEESE BELONG IN A HEALTHY DIET

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MERCK
Animal Health

VITAL SIGNS
Risks: More Red Meat, More Mortality
By NICHOLAS BAKALAR
Published: March 12, 2012

Current Dietary Recommendations

The New York Times

The Bad News About Red Meat

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Heart Breaker
How It All Started

Ancel Keys’ Diet-Heart Hypothesis

Saturated Fat → Raised cholesterol (in the blood) → Heart Attack

1961: AHA issues first Dietary Advice against saturated fats
The Seven Countries Study

The National Diet-Disease Study Final Report

Politics of Science

American Heart Association

Learn and Live

Selection bias, continued: Minnesota Coronary Heart Study

Conclusion: "For the entire study population, no differences between the treatment and control groups were observed for cardiovascular events, cardiovascular deaths, or total mortality."

Ignoring Science to the Contrary

Silencing the critics

Government got involved: 1977 Dietary Goals

Pete Ahrens
The Rockefeller University

George Mann
Vanderbilt University
All We Want is Love

Rate of Obesity in US

Saturated Fat Does Not Cause Heart Disease

Saturated Fat Does Not Cause Cancer

World Cancer Report 2007: No association between fat of any kind and cancer.

And....

Meat Causes Cancer? So Does Fruit

Major macronutrient shifts in US 1965-2011

Source: Cohen et. al., Nutrition, 2015

Low-fat vs. Low-carb
How Carbs Make you Fat

Swedish Report on Obesity, 2013

So which one is better for weight control?

In other words... Atkins was right

Personal Take-aways

- A higher fat diet is better for health (40% of cals or more)
- Especially if you have metabolic diseases (obesity, diabetes, heart disease).
- Anything from lower-carb to “ketogenic”

2014: Turning-Point Year
Take-aways For Meat Science

- A need for studies on positive health value of red meat
- Respond to common argument that “there’s no point” of meat
- Importance of nutritional sufficiency, HDL-C
- Need for RCTs
- Where is the open letter signed by 800 scientists?

2015: Back to Square One with the Dietary Guidelines

- Introduction of “Vegetarian Diet” as one of 3 USDA “Dietary Patterns”
- On Meat:
  - Removal of “lean meat” from list of healthy foods
  - Recommendation to “eat less red meat and processed meat”

What Is the Evidence?

- No “National Evidence Library” review of meat
- Evidence amounts to pro-plant-based USDA-recommended “Dietary Patterns” and sustainability arguments
- Nearly all epi studies. “Meat” defined variously as “meat, sausage, fish, and eggs,” “red meat, processed meat, and poultry,” or various other combinations of meat.
- Only one RCT cited: on the Mediterranean diet (Estruch 2013), in which meat was not reduced in the experimental group

Sole Analysis of Red Meat in the 2015 DGAC Report

- Figure 01.58: Red and processed meat intake (g/1000 calories) in dietary patterns identified as having health benefits, in comparison to usual red and processed meat intake by adults, NHANES 2007-2010, and to amounts in the USDA Food Patterns for adults.

50 Years of Anti-Meat Bias

- 10 Reasons To Stop Eating Red Meat
- The CHINA STUDY
- MEAT MEANS MURDER
- PREVENTION
**New Fuel: Environmental Movement**

- Vegetarian diet is nutritionally deficient.
- Existing USDA Dietary Patterns don’t have enough Vitamin B12, Vitamin D, iron (among other things)
- Heme iron from lean meats is highly bioavailable, hence, is an “excellent source,” according to DGAC