

PREVIEW_ Zoe Harcombe - Interview (Breckenridge 2017) 1

Dr. Eenfeldt: Is butter bad for you?

Dr. Harcombe: First of all butter is not entirely saturated fat and I think this is one of the errors that so people make.

So one of the presentations I do at conferences is to talk about fats and to make the point that not enough people know that every single food that contains fat, contains all three fats; Saturated, monounsaturated and polyunsaturated.

The second really interesting fact about fat is that the only food group that has more saturated than unsaturated fat is dairy products. So meat has more unsaturated fat, eggs have more unsaturated fat, even lard has more unsaturated fat, mostly monounsaturated fat.

So this idea that we can avoid saturated fat or eat only saturated fat is complete nonsense.