

PREVIEW_ Nina Teicholz - Interview (Breckenridge 2017) 2

Nina Teicholz: In 2015 the US had its latest round of dietary guidelines. The US dietary guidelines are incredibly influential. They are considered the gold standard, they are followed by countries around the world and so they came out with this recommendation. An expert report comes out saying, "We would like to continue the 9% limit on saturated fats." Only 9% of your calories can come from saturated fats.

And I was just flabbergasted because if you read the evidence, if you know the evidence, you know that there is no evidence to support that. So I ended up doing a really rigorous investigation of exactly how they had come to that conclusion. I looked at all of their reasoning, all their studies and what I found was they had just ignored a lot of studies.

They hadn't reviewed the literature systematically, which means that you have to do a thorough search for every single kind of review that you can get. They had cherry picked the reviews that they used and they had misinterpreted some of the results. So a study that concluded saturated fat is not associated with heart disease, they said... "Even so we conclude altogether that the evidence is strong."