

## PREVIEW\_ Zoe Harcombe - Interview (Breckenridge 2017) 2

**Dr. Harcombe:** When you realize that all the foods that contain fat, also contain saturated fat. We're told that unsaturated fat is marvelous and saturated fat is dangerous. And you just think, "How can you believe such nonsense?"

You know why would nature or God, whatever your belief system is, why would all the food that we have to eat to thrive and survive contain something that at the same time is trying to kill us?

So if you look at what you have to eat to get the vitamins, I mean the things that we need for nutrition, we don't need carbohydrate at all, that is well understood within our real food world.

We do need essential fats, we need fat soluble vitamins, we need the water-soluble vitamins, we need a lot of minerals and we need the essential proteins. And they are primarily found in animal foods.

And every food that contains those vital nutrients that we need also contain saturated fat. Do you imagine mother nature saying, "Okay, they have to eat those animal foods otherwise they die within a period of time. But, hey, I'm going to have a bit of a joke here and just lobbying the saturated fat thing that is going bung them up and cause--"?

It's just nonsense.