

PREVIEW_ Gary Taubes - Q&A (San Diego 2017) 2

Questioner man: Great work! So I have a question about the concomitant increase in seed vegetable oils that have kind of paralleled sugar intake... and what your opinion is of any interaction between sugar and increasing vegetable oils being skyrocketing as well of thousand times or whatever?

Gary Taubes: So sugar in vegetable oils, it could be, anything is possible. I find the vegetable oil... You know, when I want to explain this epidemic, I could find examples of this epidemic where there are no vegetable oil really present in the diet, but what's new was sugar and sugary beverages.

So I think sugar and sugary beverages are necessary and sufficient. Then the question is if vegetable oil make it worse. And it's quite possible, but I think the world is full of obese and diabetic kids whose parents know one-off not to buy a lot of processed foods with soy and canola oil.

What's ironic I mean is... I'm working on a paper for the British Medical Journal that I'm co-authoring on dietary fats with one of the leading epidemiologists in the world who wants to explain the decrease in heart disease mortality by the increase in vegetable oil consumption.

This the problem with associations, so one of the things I'm going to do is say, "Well you can't take credit for the decrease in heart disease mortality. You can't find a decrease in heart disease incidence.

If you're not going to be willing to take credit for the increase say in diabetes that also happened, that's a problem with association studies. So it's just a very messier science and what I think is if I could find a population that need sugar and white flour, then I could give them vegetable oils and see what it does to them.

And it could indeed be true that the combination of the two was particularly bad, but when it comes to the trigger of the epidemics... like I said I could find cases where vegetable oils weren't there and sugar was. It's harder, I have yet to find the opposite scenario.