

PREVIEW_ Scott Murray - Interview (PHC 2018) 1

Ivor Cummins: So if you think about the healthy fats and you're right, the population has been indoctrinated and kind of brainwashed for 50 years that fat is bad, so maybe we could list out a few less controversial healthy fats and then some that are maybe borderline. So what are the genuine healthy fats that the world is beginning to realize are--?

Dr. Scott Murray: I think it's going to be a worldwide avocado shortage soon. So we want people to be thinking about monounsaturated fatty acids and if they are going to have polyunsaturated fatty acids, then sources of Omega-3.

So I have a slide in my talk where we are looking at the health benefits of food in certain areas in the world, salmon and nuts are banned because they are too high in fat or they've got a lower rating than toaster pastries and, you know, high sugar yoghurts.

So I think that we just need to make sure that people are getting enough salmon as a fish, fish dishes, but also combining that with extra virgin olive oil, avocados, as much as they can staying away from frying foods and vegetable oils.

And I think that's something that we need to take forward; what are people using to cook in, what are restaurants using to cook in? In my area where I work in Liverpool there's a bit of a chip shop culture so I visited quite a few of the chip shops to find out what they're frying the food in.

It's really just about trying to educate people that they can use fat in the diet and they should be using fat in the diet, but not essentially frying things, which I am a bit worried that people when they get the messages from the media that fat is okay it means they can go to McDonald's or they can go to KFC or they can fry foods in vegetable oil and that's okay, it's not about that... So that's one thing we need to clear up.