

# Nutrition Fact Check Saturated Fats

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Hello, my name is Allison Steiber.

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I am the Chief Mission, Impact and Strategy Officer for the Academy of Nutrition and Dietetics.

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And hi, I'm Caroline Susie, and I'm a spokesperson for the Academy of Nutrition and Dietetics.

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Why don't you talk to us a little bit about why it's important to be aware of saturated fat intake?

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Data from the 2017 to March 2020 National Health and Nutrition Examination Survey shows that individuals are consuming about 12% of their total daily calories from saturated fat, so this level exceeds many of the traditional dietary guideline target.

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What are the implications in one's overall health if you consume too much saturated fat?

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We have multiple meta analysis that show that diets that are higher in saturated fat intake is associated with increased coronary heart disease mortality, cancer, including breast cancer mortality.

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And I think too that research definitely aligns with the academy's position.

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Absolutely, you are completely correct.

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We have a 2023 guideline that goes over these exact questions, and we have done some reviews to see if the evidence has changed even in the last couple years.

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And if anything, it's strengthened the evidence that we do have and the recommendations we have given.

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So Caroline, maybe let's step back and say, you know, if you were to give advice to someone who's looking to reduce their saturated fat, what would you tell them?

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Yeah, Well, besides watching this great conversation with you, Allison, I think it's really important that

we share the research and then show how easy this is to replace dietary saturated fat intake with dietary polyunsaturated fat intake.

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What can we do to replace that butter perhaps with an olive oil?

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People may say, do we need saturated fat in our diets?

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Do you want to touch on that just a moment?

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I think it really is taking a step back.

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You know, we our bodies can make saturated fat.

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I mean, bodies are amazing.

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They can do so many things, but understanding that that again, we're eating an overall dietary pattern, just as you said.

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So instead of thinking, oh gosh, I can't have any of this because again, that's really probably not realistic in our dietary pattern.

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What can you do to still enjoy some of these foods, but just lower your consumption again, replacing with those unsaturated fatty acids that in turn are going to have so many health benefits and lower your risk for future potential cardiovascular incidents.

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So the science is evolving and we want to continue to learn more.

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We don't want to vilify anyone food group, but rather to think about healthy patterns overall.

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Keeps it exciting, right?

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We're always learning and always excited about the new research and how we can help advise consumers.