

Key points from talk on fat/saturated fat

1. Trans fat must go, is mostly gone
2. Omega-3 fatty acids are essential: 2+ serving of fish per week
3. Data on plant Omega-3 are more limited, but probably also beneficial
4. Percentage of calories from fat is not important
5. Omega-6 polyunsaturated fatty acids are essential and beneficial
6. Ratio of Omega-6: Omega-3 is irrelevant
7. Importance of saturated fat has been overstated:
 - replacement with refined starch or sugar has no benefit
 - replacement with polyunsaturated has definite benefit
 - replacement with monounsaturated fat has probable benefit

Practical implications: (dietary fats are never pure sat, mono, or poly)

- Whenever possible use liquid vegetable oils (mix of poly and mono)
- When a hard fat is absolutely needed, optimal choice is not completely clear if trans free
- When aiming to reduce calories, focus mainly on reducing refined starch and sugar; reducing healthy fats (e.g., salad dressing) can be harmful
 - reduction of saturated fat by reducing red meat is beneficial
 - reducing fat in dairy products is complicated, and outcome is not completely clear but if replaced by sugar will not be beneficial.

For desserts, use fresh fruit, nuts,
chocolate, whole grains, healthy
fats, alcohol

--Worst choice is sorbet