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Saturated fats and health: draft SACN report

This is a response to the above consultation sent on behalf of the Provision Trade Federation (PTF), a long established trade association representing companies of all sizes involved in supplying dairy products (including milk powders, cheese, butter, yogurt and other dairy desserts), bacon, pig meat and fish. These products contain saturated fats and therefore the SACN report is highly relevant to our members.

For many years the view that saturated fat must be removed from the diet to reduce the risk of cardiovascular disease has dominated dietary advice and guidelines. However, more recent research has questioned this advice, suggesting that the issues concerning saturated fat are far more complex than first perceived, and not all individual saturated fatty acids have the same effect in the body. Additionally, reducing saturated fat in the diet without due attention to what replaces it may not have a positive impact on cardiometabolic health, particularly if it is replaced with refined carbohydrates. It is also important to note that not all foods containing saturated fat have the same effect on health. In fact, there is evidence that dairy products may have a protective effect on health.

PTF is concerned that the latest SACN review has missed an opportunity to investigate these findings in greater depth given that many studies were excluded from the review, as was [highlighted by the Dairy Council](#) during the call for evidence on the extent of the literature search. As a consequence, the draft report does not provide answers to the many questions that have been raised in recent years about the health impact of saturated fats.

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