



Consultation on the SACN draft report Saturated Fats and Health Report

Comments Form

Organisation:	The Nut Association www.thenutassociation.org
Name of commentator and contact details:	Ellie Osman Minerva Commodities Chair, The Nut Association

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Closing date: 5pm 3 July 2018

General comments	Comments
<i>Example: References</i>	<i>Example: Please check that referencing is consistent across all the chapters.</i>
<p>De Souza, Mente et al 2015. “Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardio vascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies” BMJ 2015;351:h3978;</p> <p>Nago, Ishikawa et al 2011. “Low cholesterol is associated with mortality from stroke, heart disease, and cancer: the Jichi Medical School Cohort Study.” Jnl Epidemiol. 2011;21(1):67-74.</p> <p>Ravnskov et al., 2016. “Lack of an association or an inverse association between low-density lipoprotein cholesterol and mortality in the elderly: a systematic review” BMJ Open 2016;6:e010401.</p> <p>Harcombe Z. 2016. “An examination of the randomised controlled trial and epidemiological evidence for the introduction of dietary fat recommendations in 1977 and 1983: A systematic review and meta-analysis.” (PhD, University of the West of Scotland)</p> <p>Heart & Stroke Foundation of Canada, 2015. Saturated Fat, Heart Disease, and Stroke.</p>	<p>We are disappointed to see that SACN continues to conclude and seek to justify that the recommended cap for saturated fats in the British diet should remain at 10%. This is not supported by evidence. Dietary guidelines in the US no longer have a total fat or dietary cholesterol limitation. The diet-heart hypothesis and associated guidelines stemming from the work of Keys and others, which ultimately underpins the SFA restriction, was never scientifically validated nor was its impact on public health assessed. Simply to perpetuate it in the UK is not justified.</p> <p>Lowering LDL cholesterol – the objective of SFA restriction - is not linked to reduced mortality, quite the reverse.</p> <p>A new consensus is emerging that the advice about saturated fat being bad for human health was mistaken and should now be reversed.</p> <p>We commend the example of The Heart and Stroke Foundation of Canada’s 2015 recommendations, which acknowledge that “what has the most impact on health is the overall quality of one’s diet, combined with the types and quantity of food consumed.” They no longer limit SFA and instead recommend a “healthy balanced dietary pattern.” These new directions are a welcome improvement over single nutrient targets and we believe this approach should be taken in the UK as well.</p>

<p>www.heartandstroke.ca/heart-and-stroke-position-statements</p> <p>BMJ/SwissRe “Food for Thought Conference” BMJ 2018; papers and panels discussions available at www.bmj.com/food-for-thought (Published 13 June 2018)</p>	
<p>Malhotra, Redberg, and Meier 2017. “Saturated fat does not clog the arteries: coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions “ BrJnlSportMed 2017;51:1111-1112. http://bjsm.bmj.com/content/51/15/1111</p> <p>De Souza and Anand 2016. “Saturated fat and heart disease” BMJ 2016; 355 doi: http://dx.doi.org/10.1136/bmj.i6257</p> <p>DiNicolantonio JJ 2014. “The cardiometabolic consequences of replacing saturated fats with carbohydrates or Ω-6 polyunsaturated fats: Do the dietary guidelines have it wrong?” Open Heart 2014;1:e000032.</p>	<p>We are puzzled by the statement on the www.gov.uk news story about the SACN draft report that “dietary saturated fats should be substituted with unsaturated fats. [Foods like fish (especially oily fish such as mackerel, salmon and trout), unsalted nuts, seeds and avocado are sources of unsaturated fat].”</p> <p>We can find no mention of nuts, salted or otherwise, in the report itself or the recommendations, which seems an oversight.</p> <p>While we of course believe the public would benefit from increasing their nut consumption, and decreasing intakes of refined carbohydrates including sugars in particular, it is not helpful in public health terms to treat any fat in a monolithic way as the cap on saturated fats does. All foods containing fats, nuts included, are combinations of saturated, monounsaturated and polyunsaturated fats. Even saturated fats vary considerably in how they behave metabolically within that category, eg the effect of stearic acid.</p> <p>Nuts as healthy higher fat foods are sources of all three types of fats, not just unsaturated ones, and it is misleading to the public to imply otherwise. This underscores our main point that it is wrong to stigmatise any of the natural fats (industrial trans fats excluded, of course), because they occur together naturally in foods like nuts that should be chosen as part of a healthy eating pattern. Helping the public to overcome decades of negativity about fats is one of the biggest challenges we see facing public health.</p>

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Comments by paragraph	Comments
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<i>Example: 1.2</i>	<i>Example: Missing reference and statement unclear</i>

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