4.8) REVIEW ARTICLE: *A SHORT HISTORY OF SATURATED FAT: THE MAKING AND UNMAKING OF A SCIENTIFIC CONSENSUS*

Nina Teicholz, Endocrinology, Diabetes, and Obesity 30(1) p 65-71, February 2023
Link to the original article: https://journals.lww.com/co-endocrinology/fulltext/2023/02000/a_short_history_of_saturated_fat__the_making_and.10.aspx

Worksheet Questions on the review article:

1. Based on the "*Recent Findings*" section, which industries sponsored the experts who played a role in the 2020 guidelines?

2. Based on the "*Summary*" section, during which decade was the "diet-heart hypothesis" introduced?

3. Which US president first adopted this diet? (p. 66)

4. Based on this hypothesis, which fats were considered "unhealthy"? (p. 66)

5. Based on this hypothesis, which fats were considered "good"? (p. 66)

6. When the American Heart Association adopted these guidelines, what was their conflict of interest? (p. 66)

7. What product from Proctor and Gamble was in high demand after these guidelines were published? (p. 66)

8. Which nations were excluded from the "Seven Countries Study"? Why is this a problem? (p. 67)

9. What is problematic about the timing of the dietary sample from Crete? (p. 67)

10. What was revealed during the 1989 re-analysis of the "Seven Countries Study"? (p. 67)

11. What did later studies on saturated fats reveal (or fail to reveal) regarding cholesterol levels in the blood? (p. 67)

12. Why were the results of the Minnesota Coronary Survey never published? (pp. 67-68)

13. What appears to have played a role in the DGAG's failure to update the dietary guidelines in 2020? (p. 70)

14. Which industries benefited from the DGAC guidelines? (p. 70)

Challenge Questions:

15. The author described the 2015 DGAC review of saturated fats as "narrative" and "nonsystematic." (p. 69)

    a. What characterizes a "narrative-based" review of scientific literature? What kind of criteria is used?

    b. What characterizes a "systemic" review of scientific literature? What kind of criteria is used?

16. The author characterized the "observational and epidemiological studies" as "less robust" because they were "limited to demonstrating association rather than cause-and-effect relationships." (p. 68). Provide an example of an association that is probably not cause-and-effect:

Disclaimer: This activity was designed for the *sole purpose* of better understanding how the investigative process is influenced by special interests. It should not be misconstrued as an endorsement of the author's views on diet-heart hypothesis.