

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 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)