

SUMMARY OF:

The Big Fat Surprise

by
**Nina
Teicholz**

WHY BUTTER, MEAT AND
CHEESE BELONG IN A
HEALTHY DIET



Table of Contents

Title Page

Chapter 1. Nina Teicholz - Big Fat Nutrition Policy.

Chapter 2: Nina Teicholz - Vegetable Oils, the Unknown Story.

Part(2.5).

Chapter 3: Bonus Text. Nina Teicholz - The Real Food Politics

Johnny Rockermeier

Summary of:

The Big Fat Surprise by Nina Teicholz

Why Butter, Meat and Cheese Belong in a Healthy Diet

Revised Transcripts

**25% of the royalties will go to Mrs. Teicholz'
"Nutrition Coalition" foundation - which works
for evidence based dietary guidelines!**

P.S.: Any review would be GREATLY appreciated to get
the Low-Carb message out!

[Table of Contents](#)

Chapter 1. Nina Teicholz - Big Fat Nutrition Policy

[Introduction by Terence Kealey]

Thank you all for coming!

For 60 years now, the authorities have told us we should eat less fat, more carbohydrate... and if we are eating fat, less saturated fat and more unsaturated fat like trans fats. And this has been terrible advice which has, at the very best, coincided with this epidemic of diabetes and obesity - and at worse has been causative, rather than associative.

The extraordinary thing about this huge collective public error is that the person who has done more than anybody else to expose it, Nina, is neither a scientist nor a doctor nor nutritionist.

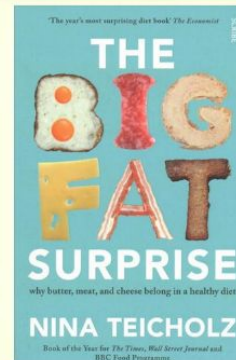
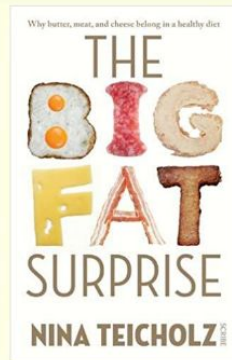
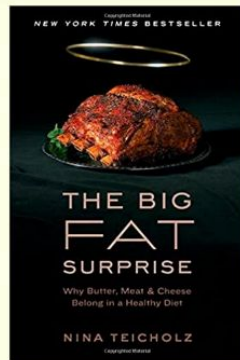
Perhaps it is necessary that she is in fact an investigative journalist and perhaps it did take someone from completely outside the field to recognize that the entire field was flawed.

We're incredibly lucky that she's come to talk to us today and I welcome her on your behalf. Nina, thank you very much.

Nina Teicholz:

Thank you, very much! Lovely introduction and thank you for having me, CATO. Hello to the audience and all the people who are watching online.

I got into this field because I wrote this book called ***The Big Fat Surprise***



„A gripping narrative that should be read by researchers, clinicians and healthcare providers.“ – **The Lancet**

„Impressive . . . This book shook me . . . Teicholz has done a remarkable job!“ – **The BMJ**

„A page-turner... a nutrition thriller,“ **The Economist**

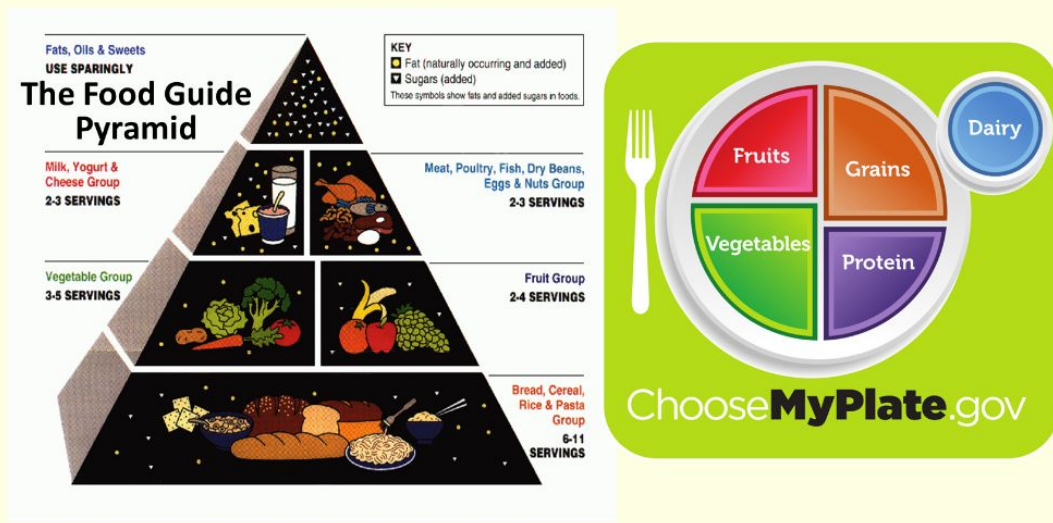
„A Best Book of the Year“ – Wall Street Journal, Mother Jones, Forbes, Times of London, BBC Food, The Economist

and central thesis of the book is what Taron so eloquently described which is that:

It seems that the government and our health authorities had really gotten it completely wrong on fat - and especially saturated fat. The kind of fat the reason in meat and cheese and whole milk.

So I wrote this book... when I started, I (like everybody) else was pretty following our current dietary recommendations. These are them:

Current Diet Recommendations



Sources: USDA for Food Guide Pyramid, Harvard School of Public Health for Med Diet Pyramid

Depending on your age most of you probably grew up on the food pyramid. This is the food pyramid that we've all lived off of and you can see that it recommends a lot of carbohydrates. That big bottom slab there is recommending that the bulk of our calories really come from grains. So, you know bread, pasta, rice those are all grains, mainly carbohydrates.

This has sort of been our like our Bible in terms of everybody. Every schoolchild gets this, everybody learns it, every doctor teaches this, every nurse, every nutritionist, every dietitian... and I followed this religiously! I used to bake my own seven grain bread every day and made my own pasta salads every day for lunch. And I would jog or bike or swim at least an hour every day and - I got fat!

I came to this without any preconceptions

- A vegetarian for 25+ years
- From Berkeley, CA
- Moved to NYC
- Undertook nearly 10 years of research

- Disclosures:
I receive no industry funding



18 years, 145 lbs

I got fatter than this but I'm not showing you that photo. It's bad enough to show you this photo with that terrible haircut. You know, I really tried very hard. I was a vegetarian for over 25 years, a strict vegetarian I had no red meat, no butter, barely any cheese. I'm from Berkeley, California - so of course I was a vegetarian.

Then from there I moved to New York City, the other capital of vegetarianism. I really came to this with zero preconceptions as a journalist. I really never thought I would end up putting a piece of red meat on the cover of a book, much less eat any myself.

But what happened was is that I got assigned an article by a magazine... I was a freelance journalist and was assigned an article to write about trans fats in the early 2000s. Well, what was trans fats? I didn't know what they were, I hadn't really studied anything about it. But that took me into the world of dietary fat.

And, you know, fat is what we have obsessed about most in terms of our diet, for Americans: Low fat, non fat, good fat, bad fat, high fat... I mean, we have just... it has

been a central preoccupation of our dietary guidelines - and therefore of all of us.

I discovered all sorts of things that really as a journalist made my ears perk up! Like calling up scientists and who were saying "I can't talk to you about fat!" - and hanging up on me. I mean scientists, real scientists at reputable universities. Or scientists telling me they had been visited by officials from the margarine industry and were told to yank papers from journals. Editors, told to get rid of pre-publication, to take that paper out of a journal.

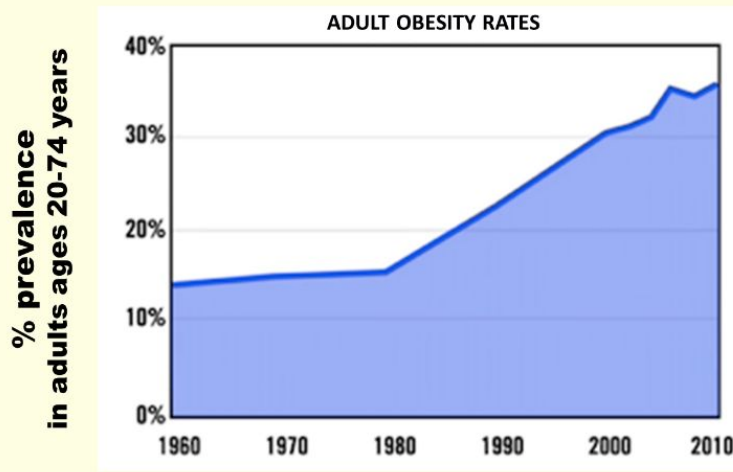
And I thought... you know, sometimes I would hang up the phone after these phone calls and sort of be shaking like "Am I investigating the mob or am I investigating nutrition science? What is going on?" And just as a journalist I realized there's just a very big story out there. And this took me...

I read thousands and thousands of scientific papers. I interviewed hundreds of the top experts around the world and it took me a very long time. Took me almost a decade of my life to try to get to the bottom of this story.

I should say that I do not receive any industry funding and never have, that's the only disclosure that I have.

One of the things that really interested me when I started my research is how do you explain this:

We need to explain this:



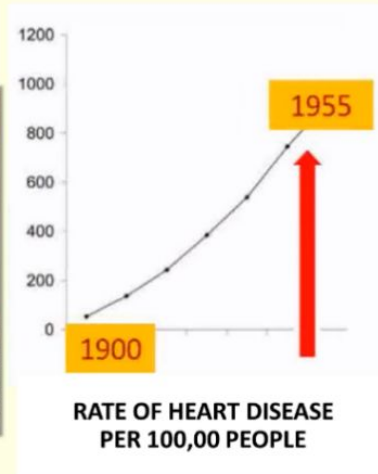
What happened in 1980 that American obesity just shoots upwards? That's very strange! Obesity was fairly low in the 1970s(or not too aggressive) and then something happens to take it sharply upwards.

In fact, if you go back and look at pictures in the 1970s - you know, go look at the line of kids waiting to watch the latest Star Wars movie that's come out. Like, they are all thin! Not one fat kid among them! Now we live in a much different world. What happened in 1980?

Well, I want to tell you a story. The story I tell in my book, in a very abbreviated way, of: How do we come to believe what we believe about fat and saturated fat and cholesterol?

So it all starts in the 1950s.

How it All Started



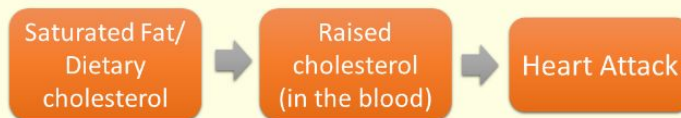
You can see that chart, that is the sharply rising tide of heart disease in America - which was terrifying! President Eisenhower himself has a heart attack in 1955, is out of the Oval Office for 10 days. That is a huge and terrifying event for everybody.

And just imagine, men are dying in the prime of their life right and left and this had not happened to their fathers. This was something entirely new. And it was really important that people tried to understand why is this happening.

Well, there were a number of ideas about it: Maybe it was vitamin deficiency, maybe it was auto exhaust, maybe it was that famous type-a personality. You know, you yell all the time and then you just keel over with a heart attack. These were all viable hypotheses.

But there was one hypotheses proposed by this man:

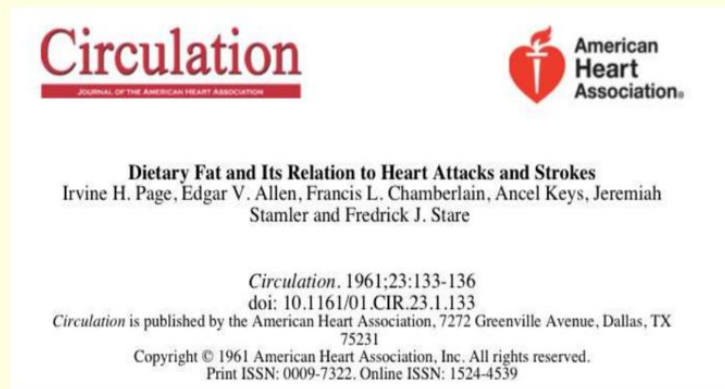
Ancel Keys' „Diet-heart hypothesis“



Ancel Keys, a pathologist at the University of Minnesota. And what he came up with was, what was called his "Diet Heart Hypothesis". His idea was that you would eat saturated fat and cholesterol in your diet - so in meat, cheese, dairy - and this would lead to you having elevated cholesterol in your blood. Serum cholesterol. This would clog your arteries like hot oil down a cold stove pipe and would give you a heart attack. That was his hypothesis.

And it turns out that he was just a very kind of outsized personality. He was very aggressive. I mean, he was called arrogant and a bully, even by his friends. And it was said that he could argue anyone to the death. He was fiercely a believer in his hypothesis and he was able to get himself onto the to the nutrition Committee of the American Heart Association which you see here:

1961: The American Heart Association

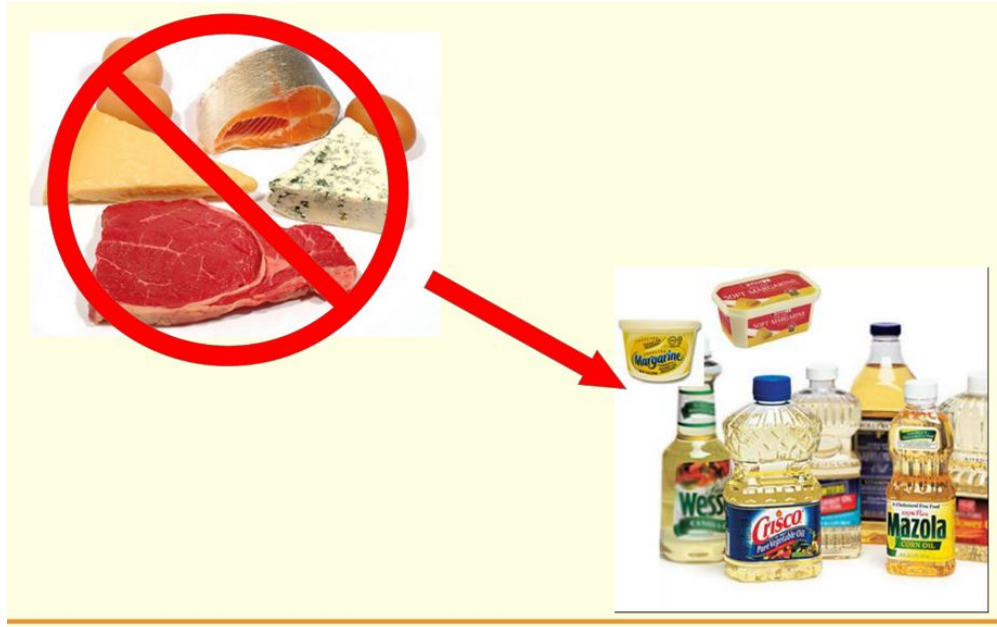


Circulation. 1961; 23: 133-136

That was at the time the really the only public health group that was dealing with heart disease and everybody was following their advice. In 1960, they came out with a paper saying "We really would like to tell the American public what to do to avoid heart disease but there's no data!" Ancel Keys gets on the nutrition committee and one year later - with no greater data in hand - he's able to get this recommendation published which says "You need to restrict your saturated fat and cholesterol in order to prevent heart disease!"

And this is the first advice anywhere in the world telling people to cut back on saturated fat and cholesterol! This is what I think of like the little acorn that grew into the giant oak tree of advice that we have today. This is where this idea first became institutionalized.

This meant in practice that you cut out animal foods:



The easiest thing to imagine here is replacing butter with margarine. You replaced your saturated fats with unsaturated fats, right? So instead of butter (which is saturated) you have margarine (which comes from polyunsaturated vegetable oils). I think it's harder to imagine how you have vegetable oils instead of meat for dinner, but that was the idea.

And we just have to go back in history for a second to remember what were the original fats that people cooked with:

The original, natural fats



Tallow



Suet

I mean, vegetable oils came later but before, we cooked with tallow (which comes from beef) and suet (which comes from sheep). And the two main fats that European populations and Americans used before 1900s was lard and butter. Lard is from pigs, obviously, and butter: