

**PREVIEW\_ Dr. Zoe Harcombe –**  
**How to Combat Dietary Advice (SA 2016)**

**Dr. Harcombe:** What you need to know about saturated fat, monounsaturated fat and polyunsaturated fat, is that there are three real fats. We're not talking about trans fats in this conference, other than to say that evil, don't put them in your mouth.

But there are three real fats. Now why is it called saturated fat? Because that is the general structure of the fat. They have the oxygen, carbon and hydrogen atoms on one end, nice long-chain of carbons and all their hydrogen's are in the right place. So we describe that structure as being fully saturated with hydrogen atoms.

That's why it's called saturated fat. It's the safest, most stable fat generally, not at least to cook with. When you start knocking out one of those joining the double bond, you knock out a couple of the hydrogen atoms, it becomes unsaturated. Mono unsaturated, only one double bond, as in the polyunsaturated can be two or more.

So that's what all of saturated fat is. Now two things, please, to take away about fat, saturated fat. Number one, all foods that contain fat, contain all free fat. There are no exceptions. Foods that contain fat include meat, fish, eggs, dairy products, nuts and seeds, olives, avocados...

You will even find a trace of fat, start looking at food labels even on vegetables and fruits and grains - you will start seeing traces of fat in some of those. Every food that contains fat has got saturated, monounsaturated and polyunsaturated.

People talk as if somehow we can avoid saturated fat and eat polyunsaturated fat in its place. We can't. Only the proportions vary.