



## American Dairy Association North East Your Questions Answered

- 1. So, its portion size that determines what causes the weight gain not the type of fat. It still is the amount that contributes although in moderation not correlated to CVD.**  
*Yes, portion size is a primary contributor to weight. Type of fat in dairy is not relevant but the amount of fat probably does matter for weight maintenance.*
- 2. Would you suggest they change the recommended saturated fat amount from 10% for those with diabetes, HLD, CVD, etc.? And if so, to what amount?**  
*Setting any limit on saturated fat is counterproductive because it focuses people on the wrong food component. Rather than encouraging and filling up with good choices, they are focused on what not to eat, leaving them hungry and restricted.*
- 3. What about overweight children with elevated total cholesterol and LDL cholesterol, and low HDL. Would you recommend a lower fat milk to decrease LDL levels in short term?**  
*I would not recommend lower fat for children either because it focuses on the wrong thing. The recommendation for these children would be to eat a whole food, plant-based diet that is low in processed foods. The liver creates 80% of the cholesterol in the blood, only 20% comes from dietary sources. This population should focus on decreasing refined carbs which will be stored as fats and cholesterol and increasing whole food sources of fiber that will bind to cholesterol in the digestive tract and lower serum levels.*
- 4. How does full fat apply to those with familial hypercholesteremia?**  
*When you are talking about a specific disease state like this, recommendations are very individualized. Type of fats and amount of fats recommended should depend on type of familial hypercholesteremia.*
- 5. Why is Saturated Fat in butter considered worse than any other fats?**  
*It is? I don't know that saturated fat in butter is worse than other fats, it depends on the fat you are comparing it to. When you pull fat out of any whole food, its properties change, and the body may not be able to handle it as well as in its whole-food form.*
- 6. So is your recommendation more so not to reduce saturated fat in regard to dairy products, not that limiting adding saturated fats when preparing meals is a bad idea?**  
*My point was that health recommendations should not reduce whole-food dairy simply because of their saturated fat content. That would be aiming at the wrong thing to reduce the risk for heart disease.*
- 7. Can Jim clarify the relation of the structure of the fatty acids from an earlier slide?**  
*My point was that industry-produced trans-fat tends to resemble the structure of saturated fat. Trans fat in dairy is not linear and looks more like unsaturated fat than industry-produced trans fats.*
- 8. What information should we provide from the NCM for HHD education?**  
*We need to focus on a whole-food, plant-based diet. That diet should include the foods that David Jenkins lists in the Portfolio diet (soluble fiber, nuts, soy protein, phytosterols).*
- 9. Any data on saturated fat and insulin resistance?**  
*There is data on saturated fat intake and insulin resistance. I don't know it well enough to make a statement about it.*

**10. Dr. Dean Ornish was one of the few doctors that showed that reducing fat reversed cardiovascular disease. Where are the current food studies done in a controlled setting?**

*Dr. Ornish had 1 study that showed reduction of atherosclerotic plaque and to my knowledge that study has not been replicated. However, his diet encourages a large amount of high fiber, whole foods which is extremely beneficial for heart health.*

**11. Which carbon length of saturated fatty acids is beneficial vs. not beneficial?**

*I don't like to pull out fats and discuss them individually because they are generally consumed in a whole food matrix. But that said, the medium chain fats (caprylic, caproic, capric) found in dairy, have been very beneficial for reducing risk and rates of numerous chronic diseases.*

**12. In relation to intake of whole fat dairy and incidence of metabolic syndrome, how do these studies prove intake of dairy has a protective effect against these conditions? Correlation vs causation?**

*It doesn't prove that its beneficial. But when the correlation with dairy fat is inversely related to metabolic syndrome, it is hard to see how it would in any way cause it. Correlation never means causation!*

**13. What are your thoughts about milk-based products and inflammatory effects on the body?**

<https://www.usdairy.com/news-articles/dairy-and-inflammation>

*Certain forms of dairy (e.g. kefir, yogurt, etc) will have less potential to contribute to inflammation since they are pre-digested by the bacteria culture, and they are often included in the list of anti-inflammatory foods. Most foods consumed will cause a certain degree of inflammation. You need to balance out the potential inflammation of a food with the benefits that that food will provide. There are many highly inflammatory, nutrient-poor foods that should be removed from the diet before dairy is considered.*

**14. You recommend whole fat dairy, what about using cream? Is there a limit?**

*Whole milk contains 3.5% milk fat. Whipping cream has 30% butterfat. Heavy cream has 36-38% butterfat. The dietary guideline for Americans recommends saturated fats should constitute less than 10% of calories. Based on a 2,000-calorie diet, that would be 200 calories or ~22 grams of saturated fat)*

**15. But why would we have a large bowl of cereal (carbohydrates) when we are supposed to be replacing carbohydrates with fats? Wouldn't we want to have something like a veggie whole-egg omelet cooked in butter, maybe with added whole-fat cheese.**

*A veggie whole egg omelet with cheese would be a great breakfast choice, but not always realistic for busy mornings. A bowl of whole grain cereal with whole milk and fruit can also be a quick balanced breakfast. Only 20% of adult Americans drink milk as a beverage once a day. A bowl of cereal with milk can help increase milk consumption.*

**16. So full fat dairy is not associated with increased risk of heart disease- what is? processed meats? high salt diet?**

*Overall lifestyle plays a role with increased risk of heart disease. Lack of physical activity, drinking too much alcohol, tobacco use, and an overall poor diet can increase risk. Increased sodium intake (which is mainly consumed from processed foods) can increase risk for high blood pressure. Overconsumption of simple carbohydrates can lead to increased levels of triglycerides. An overall balanced diet and lifestyle is key. Whole milk dairy foods are more than vehicles for fat. Like other foods, they are a complex of vitamins, minerals, proteins, and carbohydrates.*

**17. What about filtered milk? Are complex fats removed from ultra-filtered milks?**

*Ultra-filtered milk is passed under pressure through a thin membrane. This separates or "filters" the water and lactose (sugar) from the other components of milk. What is left behind is lactose-free milk that has more protein, more calcium, and less sugar. Fat in the milk is not affected. Many notice the taste is creamier and richer compared to regular milk.*

**18. Are full fat cheese acceptable to eat?**

*Yes! Full fat varieties will have better mouthfeel and texture overall. Plus, it melts better if you are cooking with cheese. Often fat-free or low-fat cheese replaces the fat with added sugar or emulsifiers to try and mimic the same texture, mouthfeel, and meltability as full fat cheese. And because reduced-fat products aren't as satiating as full-fat varieties, you're also likely to feel hungry again sooner if you opt for dairy in its processed, lower-fat form.*

**19. Would you recommend one dairy product over another like cream cheese vs 1 cup of milk?**

*Whole milk dairy foods are more than vehicles for fat. Like other foods, they are a complex of vitamins, minerals, proteins, and carbohydrates. In terms of cream cheese vs. milk, milk is more nutrient dense providing more protein, calcium, probiotics, etc. than cream cheese. Try to incorporate a variety of dairy products within your daily diet.*

**20. It appears one of the worst things would be to use "Crisco" for baking, so I suppose it would be better to switch to lard or butter to replace the shortening? Any recommendations?**

*It really depends on what you are baking, and the function fat is playing within the recipe. The role of butter in baking is to give richness, tenderness, and structure to cookies, cakes, pies, and pastries. Canola oil (or other plant-based oils) can replace butter in some recipes when the fat is needed to keep a product moist, like for cake, muffins, and other baked goods.*