- Oils and fats



Switching from butter to quality plant oils improves blood fat profiles

SA recent study shows that replacing saturated animal fats with plant-based unsaturated fats changes blood fat composition and is associated with reduced risk of cardiovascular disease and type 2 diabetes. As part of the research, 113 participants underwent a 16-week dietary intervention. One group consumed a diet high in saturated animal fats, while the other followed a diet rich in unsaturated plant-based fats. Blood samples were analysed to identify lipid molecules reflecting each diet. They used a multi-lipid score (MLS) to summarise blood lipid effects. A high MLS indicates a healthy blood fat profile, which can be achieved with a high intake of unsaturated plant fats and a low intake of saturated animal fats, like the Mediterranean diet. The study's MLS results were linked to cardiovascular disease and type 2 diabetes risk in large observational studies. Participants with a higher MLS, indicating a beneficial fat composition, had a significantly reduced risk of cardiometabolic diseases.

Source: Nature Medicine