

Kolesterolkampanjen möter nu stark kritik

Forskningstidning Science ifrågasatte i fjol (Science 2001 291: 2536-2545) hela paketet av kostrekommendationer som basunerats ut under förra århundradets senare del. Kostrådgivare, inte sällan betalda av margarinindustrin, har påstått att mättade fetter är ”farliga”, att kolesterol är skadligt, att en fettsnål kost är nyttig, att margarin är nyttigt, men smör onyttigt etc. Artikeln har väckt stor uppmärksamhet runt världen.

Som en följd av detta håller progressiva krafter på att ändra siktet mot det verkligt stora hälsoproblemet idag – intaget av snabba kolhydrater (med s k högt glykemiskt index) – vilket dessvärre ökar vid en fettsnål kost.

Samtidigt kommer andra rapporter som sätter margarin och andra kemiskt processade fetter i samband med olika sjukdomar, t ex allergi. Det finns skäl att misstänka att propagandan för fettsnål kost och margarin i själva verket skapat ohälsa i västvärlden.

Efter Scienceartikeln har officiella myndigheter och inflytelserika forskare betalda av margarinindustrin blivit kraftigt kritiserade, både i USA och i Sverige. I USA försökte kolesterolkampanjens ledare, Scott Grundy, i detta läge att ändå försvara denna kampanj. Han anförde i ett brev till Science att det finns vetenskapliga bevis för ett samband mellan mättade fetter och hjärt- och kärlsjukdom. Det var ju annars avsaknaden av ett sådant vetenskapligt stöd som var det centrala i artikeln i Science.

Scott Grundys brev kritiseras nu av en lång rad medicinska forskare och hans brev visar i stället att propagandan för den fettsnåla kosten, margarinet osv står på bräcklig vetenskaplig grund och att det sannolikt är helt andra intressen som drivit fram denna propaganda.

Det är hög tid att detta budskap nu sprids till en större allmänhet.

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Studies of Dietary Fat and Heart Disease

In his letter about the article "the soft science of dietary fat" (News Focus, G. Taubes, 30 Mar. 2001, p. [2536](#)), Scott M. Grundy says that saturated fatty acids (SFA) are the main dietary cause of coronary heart disease (CHD) ("Dietary fat: at the heart of the matter," 3 Aug., p. [801](#)), and he cites two reviews in support ([1](#), [2](#)).

In one of the reviews, there are no references ([1](#)); in the other, of which Grundy is a co-author, most of the references do not appear to be supportive of his statement ([2](#)). For instance, the authors say that "populations consuming diets high in saturated fats have relatively high levels of serum cholesterol and carry a high prevalence of coronary heart disease" ([2](#), p. 34), referring to 12 studies ([3-14](#)). In the eight cohort studies ([3-10](#)), only one had examined the association between SFA and serum cholesterol ([10](#)), five found no increased SFA consumption among CHD patients ([3](#), [4](#), [6](#), [9](#), [10](#)), and one found a smaller consumption ([7](#)). In addition, three of the 12 studies were reports from a project comparing the incidence of CHD in native Japanese

living in Japan with Japanese-Americans living in the United States (12-14). Although it is correct that the Japanese-Americans, on average, had higher cholesterol, ate more saturated fat, and had a higher incidence of CHD, the determining factor for heart disease was not their cholesterol levels or their diets, but how acculturated they were to Western culture (13). Grundy also writes in his letter that lowering serum LDL cholesterol by dietary means reduces CHD risk. But the study he cites did not specifically address this question (15), and more to the point, meta-analyses of all controlled and randomized trials that have used modification of dietary fat as the only type of intervention have shown that neither the incidence of nonfatal CHD, nor coronary or total mortality, was lowered significantly (16, 17). Grundy's way of presenting scientific data is not unique. An analysis of three influential reviews in this field showed that insignificant findings in favor of the diet-heart connection were systematically inflated, and unsupportive studies were either not included or they were quoted as if they were supportive (18).

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