

SCI Free Public Evening Lecture

Prof Jack Winkler and Dr Rob Winwood: Fat Lies and Thin Truths - is Eating Fat Bad for You?



Two thirds of adults in England are overweight or obese and the British Heart Foundation report on Cardiovascular Disease 2015 found cardiovascular disease accounted for 28% of all deaths for men and 26% of all deaths for women in the UK in 2014. Current NHS advice is 'to eat less saturated fat or swap foods high in saturated fat for smaller amounts of foods containing unsaturated fats, to reduce the health risks linked with high cholesterol levels'. However, contrary to this, a recent study published in the BMJ, supports the steady stream of challenges to the widely held belief that saturated fat intake is bad for your cardiovascular health.

Dietary consumption of Fats: a false impression?

Government bodies around the world have urged us to reduce our fat intake, and particularly our saturated fat intake. Consequently, most of the British population are under the impression that dietary consumption of fats, particularly animal fats, will lead to accumulation of fat in their bodies and arteries with obvious negative effects on their cardiovascular health. In November 2015, a conference held by the SCI Lipids committee came to the surprising conclusion that saturated fat did not pose an increased risk of the onset of cardiovascular disease, though partial replacement with a healthy alternative could be beneficial.

This lecture will explore the popular opinion of dietary consumption of fats, exciting developments in the world of Omega 3 and Omega 6 fatty acids and look to the future, how do we allow consumers to select the 'right' balance of fatty acids for good health?

About the speakers:

Prof Jack Winkler, Director of the Nutrition Policy Unit, is a specialist researcher, policy analyst, writer, lecturer and consumer advocate on food nutrition and health, and a founder, officer and/or member of most UK food advocacy groups. Prof Winkler trained as sociologist at the London School of Economics and Stanford University and academic posts include University of Kent, Imperial College London, Cranfield University, and King's Fund Institute, working on a wide variety of economic and social policy issues. Jack is the author of numerous articles, research reports, consultation documents, and briefing papers, on nutrition policy.

Dr Rob Winwood, CSci FIFST, is the scientific communications manager at DSM Nutritional Products. He is currently chair of the scientific committee of the global trade organisation GOEDOmega-3 and a specialist in lipid nutrition, serving on SCI's lipids committee. Dr Winwood has also held a series of senior technical and business development positions in various global food ingredient companies. Rob has authored numerous scientific publications and has been an invited speaker at many conferences around the globe. During the last year, he has also made appearances on UK national radio and television.

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Fat Lies and Thin Truths
- is Eating Fat Bad for You?**

When:

Tuesday 17 May 2016

Registration 18:00

Lecture starts 18:30

Drinks Reception after the lecture

Where:

SCI, 14/15 Belgrave Square,
London SW1X 8PS

About SCI

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