



MEDIA RELEASE

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Toxic Oils- Toxic Lies

The release of David Gillespie's latest book, *Toxic Oil*, serves to undermine public health nutrition messaging, with dietary advice that contradicts the evidence from leading public health agencies around the world.

The assertions in the book that the consumption of vegetable oils is killing us, is absurd and without any sound and factual research-based evidence.

"The evidence is crystal clear and rock solid when it comes to which oils to eat and which to avoid. Fifty years of extensive, population-based research continues to amplify the message that switching from saturated fats to unsaturated fats is the right thing to do for health" says Nick Goddard from the Australian Oilseeds Federation. "There is no question about it".

In Australia, expert and science based health authorities such as the Heart Foundation, CSIRO and Baker IDI Heart and Diabetes Institute are united and resolute in their advice to replace saturated fats with unsaturated fats for improved cardio-vascular health. As recently as last week, the NH&MRC with the release of the *Australian Dietary Guidelines* again reiterated this advice with the recommendation to: "Replace high fat foods which contain predominantly saturated fats...with foods which contain predominantly polyunsaturated and monounsaturated fats ...".

"Australian consumers have taken on board the sound dietary advice from the leading health agencies, and are replacing saturated fat with monounsaturated and polyunsaturated fat and oil. Messages coming from this book serve to only confuse consumers, and possibly risk their health and wellbeing." Mr Goddard said.

Other claims in the book are also unsupported by the weight of evidence. In relation to vegetable oil and cancer, numerous studies have shown that there was no statistically significant increase in cancer

risk, including breast cancer, associated with high polyunsaturated fat intake. While in relation to age related macular degeneration, two Australian studies have both found no link between polyunsaturated fat intake and the incidence of age related macular degeneration. The assertions in the book in relation to trans fats demonstrate a complete ignorance about the situation in Australia, where the trans fat intake is very low (0.5% of energy), and in the main coming from animal fats.

Outrageous claims certainly gain media attention, and might serve to sell more books and make money for Mr Gillespie, but when these claims come by contradicting well entrenched, scientifically based public health messages, the means does not justify the ends. Fortunately, Australian consumers have great trust in the authoritative bodies that give dietary advice, and tend to take sensationalised media stories with a grain of salt...or a drop of oil.

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[National Heart Foundation response to David Gillespie's Book.](#)

[The 'Sceptical Nutritionist' perspective on the *Toxic Oils*.](#)

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About the AOF

The Australian Oilseed Federation is the peak industry body for the oilseed industry, representing those involved in the value chain for canola, sunflower, soybean and other oilseeds. The AOF was established in 1970 to represent the common interests of all Australian oilseed industry participants and to promote the development, expansion and improvement of Australian oilseed production.

For more details, visit: <http://www.australianoilseeds.com/>