



29 October 2015

Tory Maguire, Editor-in-Chief
Huffington Post Australia

Dear Ms Maguire

Re: Which oil should you be cooking with?, 28 October 2015.

The Dietitians Association of Australia (DAA) commends the Huffington Post Australia for featuring articles containing accurate and practical nutrition information, such as the 27 October 2015 article *Don't make Any Rasher Decisions With Your Bacon Habits*. However, DAA was disappointed to see the article published on 28 October 2015, *Which oil should you be cooking with?*, as it was not evidence-based and contained recommendations which are not in line with the current Australian Dietary Guidelines (2013).

Saturated fat

The article recommends choosing ghee, coconut oil and butter which are all high in saturated fats. The Australian Dietary Guidelines, which were reviewed in 2013 and are based on over 55,000 research papers, recommend Australians choose oils that are low in [saturated fat](#) and rich in [unsaturated fats](#) (such as monounsaturated and polyunsaturated fats) to reduce risk of heart disease. Saturated fats tend to increase LDL (unhealthy) [cholesterol](#) in the blood and should be eaten sparingly to minimize the risk of developing heart disease. As such, recommending these fats and oils is not in line with current recommendations and has the potential to leave readers confused.

Smoke point

Further confusing readers, it is suggested that ghee, coconut oil and butter are stable at high temperatures. It appears this assumption has been made as they are all high in saturated fatty acids, which provide stability when heated. In fact, butter has a smoke point (point at which the oil starts to break down) lower than most refined oils due to its milk content.

It is true that fats and oils with a high proportion of polyunsaturated fats are unstable when heated and thus break down easily. However, there are plenty of oils that contain predominantly monounsaturated fatty acids, including canola oil and olive oil, with a smoke point high enough to be suitable for home cooking. As such, it is these oils high in monounsaturated fat, with a high smoke point that should be used for home cooking.

DAA encourages use of Accredited Practising Dietitian (APD) authors for cholesterol or fats and oils articles, and any other nutrition related topic. Their communication is based on the latest science, packaged with practical advice and delivered in user-friendly language.

To organise an interview with one of DAA's 21 media-trained Spokespeople (all APDs), please contact Jess Turner on media@daa.asn.au or telephone 0409 661 920.

A handwritten signature in black ink, appearing to read 'Claire Hewat', is positioned above the typed name and title.

Claire Hewat AdvAPD
CEO
Dietitians Association of Australia