

# Meat Board Hits Heart Association's Stand on Saturated Fats

The American Heart Association's recommendation that "everyone should eat fewer saturated fats represents guilt by association," says Dr. William C. Sherman, Chicago, director of Nutrition Research of the National Live Stock and Meat Board.

Sherman said it is true that saturated fats tend to raise blood cholesterol levels — but noted that all saturated fatty acids are not the same and apparently do not have the same effect on cholesterol levels.

He said that research studies by Dr. William O. Caster at the University of Georgia — plus similar work at Harvard — indicates that only one or two saturated fatty acids raise blood cholesterol levels. And they are not the type found in meat.

"Why should all saturated fats be condemned when only a couple are 'guilty'?" he asked. "The American Heart Association directly and through its state and

local chapters consistently advises the general public to cut back on beef and pork as a means of reducing intake of saturated fats. That's guilt by association. Americans are being asked to deny themselves the amount of nutritious beef and pork they are accustomed to eating because coconut oil and other non-meat saturated fats raise blood cholesterol levels."

He said, further, that coconut oil, rather than animal fats, was used in some of the experiments which "supposedly prove the danger of animal fats in the diet."

Dr. Sherman said the Heart Association is prescribing to the general public on the basis of an "unproven dietary hypothesis."

On the other hand, he observed, Dr. Theodore Cooper, director, National Heart and Lung Institute of the Department of Health, Education and Welfare has stated that the Institute is not

prepared to make an official dietary prescription for the general public. Cooper said the lipid (fat) hypothesis needs to be tested and that the Institute is initiating clinical trials dealing with it.

In 1969, the Diet-Heart Review Panel of the National Heart Institute also observed that it is not proven dietary modification can prevent heart disease in man. In its Report (American Heart Association Monograph 28), the Panel cited the need for a population study because "it is not known whether dietary manipulation has any effect whatsoever on coronary heart disease."

Sherman said studies to determine the efficacy of a national dietary approach to heart disease are a "scientific necessity" which must precede consideration of any sort of

national diet-heart "policy." He said to recommend dietary changes to the general public without such studies is unscientific and could be dangerous.

Why dangerous? According to Sherman, too little is known of what the long-term effects would be of a diet drastically modified in the ratio of polyunsaturated — primarily vegetable — oils and fats to saturated fats. Most advocates of reducing animal fat intake recommend replacing it with polyunsaturated products (margarines, salad oils, cooking oils, etc.), Sherman said.

"While much has been said about the so-called dangers of saturated fats, there has been very little publicity on research which indicates potential health hazards from polyunsaturates," he said.

"A Veterans Hospital diet

study in California showed an unexpected increase in deaths due to cancer among patients being fed polyunsaturates to hold down blood cholesterol levels.

"There is considerable evidence in investigations with experimental animals that polyunsaturated vegetable oils greatly increase the requirement for Vitamin E and accelerate the aging process — resulting in early death which is associated with many types of degenerative diseases including cancer and muscular dystrophy.

"In other experiments, it was observed that the mean life span of animals fed animal fat (lard) was 10-20 per cent longer than for those fed a like percentage (20 per cent) vegetable oils."

He said the studies were conducted at the University of Nebraska, Columbia University, and Tulane University.

## Weaver, Inc., Notes Promotions

Donald E. Knouse, 5316 Brown Circle, East Petersburg, has been named Project Coordinator in the Product Development division of Victor F. Weaver, Inc., New Holland.

Knouse holds a Bachelor of Science degree in Business Administration from Elizabethtown College. Upon graduation he joined Weaver in 1970 as a Test Marketing Supervisor.

In his new post, Knouse will be responsible for coordinating the progress of new products from the research stages through test production and test marketing.

Four personnel changes announced in the maintenance division are:

Melvin W. Burkholder, N. Railroad Ave., New Holland, has been appointed to the position of Maintenance Superintendent, responsible for coordinating the overall plant maintenance activities. Since joining Weaver in 1953, he had held the positions of Maintenance Supervisor, and more recently Construction and

Installation Supervisor.

Titus Burkholder, Gordonville RD1, has been named to the newly created position of Utilities Supervisor. He has served as Plant Maintenance and Electrical Supervisor since joining the company in 1959.

William L. Koch, Leola RD1, has been appointed to the position of Plant Maintenance Supervisor, responsible for the installation and maintenance of production systems and equipment. He began his employment at Weaver in 1968 as a maintenance mechanic. He later was promoted to Night Shift Maintenance Foreman, and more recently has served in the same capacity on the day shift.

A. James Weaver, East Earl RD1, has been promoted to the position of Night Maintenance Foreman. After joining the company in 1964 as a live poultry driver, he became a maintenance mechanic, and in 1970 was named to a maintenance garage leader position which he has held until his promotion.

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