



----- Issue 15 / February 2020 -----

WELCOME!

Welcome to our first issue of 2020 - indeed the first of the decade!

2018 and 2019 saw the publication of a couple of important publications on fat - the SACN report on saturated fats and the Cochrane report on omega-3 fats. We caught up with Baldeesh Rai, Dietetic Advisor for HEART UK to find out if these change the advice we're giving on dietary fats.

Also in this issue you will find details of our latest Oatly news including an exciting free webinar, new products and resources, as well as where you will find us over the coming months. As usual we end this issue with a delicious 100% plant-based recipe for you to try - our Potato Salad with Curried Roasted Chickpeas and Pickles.

We welcome your feedback, so please do contact me with any comments, including suggestions for future e-newsletter topics.

Lastly, if you would like to find out more about Oatly please visit the Healthcare Professional area of our website [here](#).

Kate Twine

Kate Twine
Registered Dietitian and
Nutrition Consultant
kate.twine@oatly.com

DIETARY FATS TIME TO RETHINK OR NOT?

Baldeesh is a Registered Dietitian with over 30 years' experience which includes clinical work, research, lecturing, writing articles and educational materials, co-authoring a book on cholesterol, as well as work on TV and radio.

She has been a Dietetic Advisor for HEART UK for over 17 years, works as a Freelance Nutritionist and is a Senior Research Dietitian at Imperial College, London.

The SACN report "Saturated fats and health" was published in August 2019. Can you summarise what it says?

The report looks at the effect of saturated fat and replacement of saturated fat with different nutrients, on a number of health outcomes. SACN concluded that:

- ♥ Higher saturated fat consumption is linked to raised blood cholesterol.
- ♥ Higher intakes of saturated fat are associated with increased risk of heart disease.
- ♥ Saturated fats should be swapped with unsaturated fats. Replacing saturated fat with unsaturated fat was not only important in relation to blood cholesterol but also had a beneficial effect on areas in-



Baldeesh Rai BSc Hons RD MBDA
Dietetic Consultant, HEART UK

cluding inflammation, endothelial function and platelet activity.

♥ Saturated fat should not exceed 10% of food energy. This recommendation applies to adults and children aged 5 years and older.

In this report, evidence from randomised controlled trials (RCTs) suggest that in relation to CVD and CHD outcomes, substitution of saturated fats in the diet with polyunsaturated fats (PUFA) was more beneficial than substitution with monounsaturated fats (MUFA), carbohydrates or proteins. Substituting saturated fats with PUFA and /or MUFA lowered serum LDL cholesterol but had no effect on serum HDL cholesterol. For markers of glycaemic control, substitution of saturated fats with PUFA was more beneficial than substitution with MUFA and there was evidence of no benefit for substitution with carbohydrates. Substituting saturated fats with carbohydrates is associated with increased CHD events.

According to this report, available survey data indicated that mean intakes of saturated fats in

the UK exceed recommendations in all age, sex and income groups. Cereal and cereal products (pizza, biscuits, cakes, pastries, buns etc), milk and milk products, and meat and meat products were the main contributors to saturated fat intakes in adults. In children aged 4-10 yrs., milk and milk products (about half from cheese and whole milk) and cereals and cereal products were the leading contributors to saturated fat intakes.

Does this SACN report change the heart health dietary advice we offer?

This report does not change the heart health dietary advice we offer at HEART UK. HEART UK's preference is to focus on messaging foods not nutrients - so we encourage a healthy eating plan that is low in saturated fat, replaced with unsaturated fats, based on wholegrains, with plenty of fruit and vegetables and which should include heart healthy foods such as nuts, oily fish, oats, pulses, soya, vegetable oils and spreads. This type of diet can be applied to suit different dietary patterns including the plant-based, Mediterranean and Portfolio diets, which have been shown in many studies to reduce CVD risk.

What is HEART UK's stance on coconut oil and heart health?

Due to its high saturated fat content (82% - compared to butter which is 63% and olive oil which is 14%), we advise that it should only be consumed in very small amounts. Some argue that coconut oil is healthy because it contains medium chain triglycerides (MCT). However, less than 16% of the fats present in coconut oil are MCT as the main fat present is lauric acid which is a long chain triglyceride.

Raising HDL cholesterol has been suggested to be a benefit of coconut oil. However, we cannot assume this to be a protective effect. Drug trials aimed at raising HDL have been abandoned because of a lack of beneficial effect. And any benefit of coconut oil raising HDL cannot compensate for the strongly negative effect of raising LDL cholesterol (due to its high saturated fat content).

The Cochrane report on omega-3 fats, was published in July 2018. Can you tell us about this report and what it concluded?

Systematic assessment of omega 3 fats on cardiovascular health

suggests that increasing eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) has little or no effect on mortality or cardiovascular health (evidence mainly from supplement trials). This puts into question previous suggestions of benefits from EPA and DHA supplements. However, before abandoning oily fish (which is the key dietary source of EPA and DHA) it is important to remember that this evidence is mainly from supplement trials. It is useful to remember that oily fish is lower in saturated fats than many other choices of animal-based protein; as well as providing other important nutrients like iodine and vitamin D.

Low quality evidence suggests alpha linolenic acid (ALA) (for example in rapeseed and soya oil) may slightly reduce CVD event risk, CHD mortality and arrhythmia. Additional large studies of omega 3 are currently underway. Again, as with the SACN report above, our HEART UK dietary advice has not changed as a result of this report.

What would you recommend for "suggested reading" for any healthcare professionals looking to further their knowledge in this area?

- ♥ SACN report. Available [here](#).
- ♥ Cochrane report. Available [here](#).
- ♥ BNF Task Force report Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors. Available [here](#).
- ♥ Sacks, F., Lichtenstein, A et al (2017) Dietary fats and cardiovascular disease, a presidential advisory from the American Heart Association. *Circulation*. 136. ppel-e23. Available [here](#) online.
- ♥ Estruch, R., Ros, E et al (2013) Primary prevention of cardiovascular disease with a Mediterranean diet. (PREDIMED) *The New England Journal of Medicine*. 368. 14. Pp. 1279-90. Available [here](#) online.
- ♥ Mensink RP (2016) Effects of saturated fatty acids on serum lipids and lipoproteins: a systematic review and regression analysis. Available [here](#).
- ♥ HEART UK website. There are many nutrition publications for HCPs available [here](#).

BITS & PIECES

NEW PRODUCTS!



We're excited to share details of our new, luxury oat-based ice cream which is, of course, 100% plant-based. There are three different flavours - Chocolate Fudge, Hazelnut Swirl and Salted Caramel and they are currently only available in Tesco.

Use our ice cream finder to find where you can find it locally [here](#).

Full nutrition details [here](#).

Product News:

Phosphorus and potassium - We have started showing both phosphorus and potassium levels on the packs of some of our oat drinks (Skinny, Semi, Whole and Barista Edition).

Full nutrition details [here](#).



NOW MORE WIDELY AVAILABLE:

You will now find Oat Drink Chocolate Deluxe in even more stores.

Full details [here](#).

New Resources & Publications:

In addition to our webinar (see next page):

Iodine article - in case you missed the last issue of The Oatly Way, all Oatly oat drinks (except Organic oat drink) are now enriched with iodine! You can read more about iodine in this fabulous Complete Nutrition article by Dr Sarah Bath [here](#).

WEBINAR:

'Get Real! Tackling Nutritional Misconceptions about Plant-Based Diets'

This free webinar aims to increase understanding of plant-based diets. In particular, it will help identify nutritional concerns and increase confidence in offering practical dietary solutions to overcome these. BDA and AfN endorsed CPD.

There are 2 presenters:

1 Heather Russell RD, Dietitian for The Vegan Society, who will focus particularly on vegan diets

2 Dr Sarah Bath RD, Lecturer in Public Health Nutrition at the University of Surrey, who will

share the very latest on the need for iodine.

Not-to-be-missed, it is evidence based, fully referenced and will be of interest to any health professional (or student) interested in plant-based diets.

Queries:

kate.twine@oatly.com

Book now:

oatly.com/uk/hcp

**Wednesday
April 29th
2020.
8-9pm**



BITS & PIECES

WHERE YOU WILL FIND US:

Primary Care Nursing Live
Tuesday March 17th 2020 @ Ricoh Arena, Coventry. More details [here](#).



BDA Paediatric Specialist Group
Study Day 2020

Thursday June 4th June 2020

@ Horizon, Leeds. More details [here](#).



BDA The Association of UK Dietitians
Paediatric
Specialist Group

Potato Salad with Roasted Chickpeas, Curry and Pickles

SERVES 4

Ingredients

Salad:

- 600 g potatoes, chopped into bite size pieces
- 2 garlic cloves, sliced thinly
- A can (about 400 g) chickpeas, well drained
- 2 tbsp vegetable/rape seed oil
- ½ tsp curry powder
- Salt
- Pepper
- 70 g spinach leaves

Curry dressing:

- 1 coarsely grated apple
- 100 g pickles of your choice eg gherkins (chopped roughly), capers
- 50g leek, thinly sliced
- 200g tub of Oatly Creamy Oat Fraiche
- ½ tsp Dijon mustard
- 1 tsp curry powder
- Salt
- Pepper

Method

1. Preheat the oven to 220°C (200°C if fan)/425°F/mark 7
2. Place the potatoes, garlic and chickpeas on a baking sheet covered with baking paper.
3. Sprinkle with the oil and curry powder and season with salt and pepper.
4. Mix together and roast in the oven for 25-30 minutes until the potatoes are cooked and the chickpeas crispy. Remove from the oven and leave to cool.
5. Mix all the dressing ingredients. Season to taste. Add a little pickle juice to sharpen the flavour. Put it aside in the 'fridge until the potatoes and chickpeas have cooled.
6. Transfer the potato and chickpea mixture into a large bowl and mix in the dressing and spinach.
7. Leave it to cool in the 'fridge for a short while before serving.

Nutrition Information:

Energy (kcal) 439
Fat (g) 16.8
Saturates (g) 3.8
Carbs (g) 53.4
Sugar (g) 13.9
Fibre (g) 13.2
Protein (g) 12.1

