

FALL/2010 DIETITIAN SURVEY RESULTS

Subject Dietary Fats

11/3/2010

The Dietary Fat Survey for Dietitians was conducted by Dr. Doug Bibus, nationally recognized lipid nutrition expert and community faculty member at the Center for Spirituality and Healing at the University of Minnesota and president of Lipid Technologies, LLC. The purpose of the survey was to examine current perspectives by dietitians regarding various dietary fats and oils used in food and meal preparation.

Introduction:

From consumer perspectives, nutritional recommendations by leading dietary authorities can be sometimes confusing due to mixed media and governmental messages. One particular area of this confusion has been the area surrounding the consumption of fat and in particular what types of fats to consume in our diet. In response to the rising incidence of obesity in our country, “Low Fat” diets were strongly recommended to curb calories and to limit the expansion of obesity in the United States. Results from the past decade of practicing “low fat” strategies have also mirrored a further expansion of the obesity epidemic. Recent epidemiological reviews are now suggesting that dietary refined carbohydrate may be a major culprit of increasing obesity rates and that dietary fat may not be as harmful as once thought (Mozaffarian 2010).

Consumers are often barraged with mixed messages to embrace certain types of fats while avoiding other fat types by the media, food companies and popular press. The scope of this survey is to gain the professional perspective of practicing dietitians in the area of dietary oil recommendations as they pertain to the whole diet and use in maintaining and preventing chronic disease.

Survey Target: Dietitians

Source: Scanned Dietitian from the American Dietetic Association Meeting

Response: 168 of 787

Percentage: 21.2%

Construct: Online survey solicited participation by email.

Percentages reflect percentage of respondents to the survey.

1. Do you feel that mixed messages exist about dietary fats? (Yes or No)

Yes: 162
No: 5

2. Please list what you consider to be your top 5 healthy foods and ingredients.

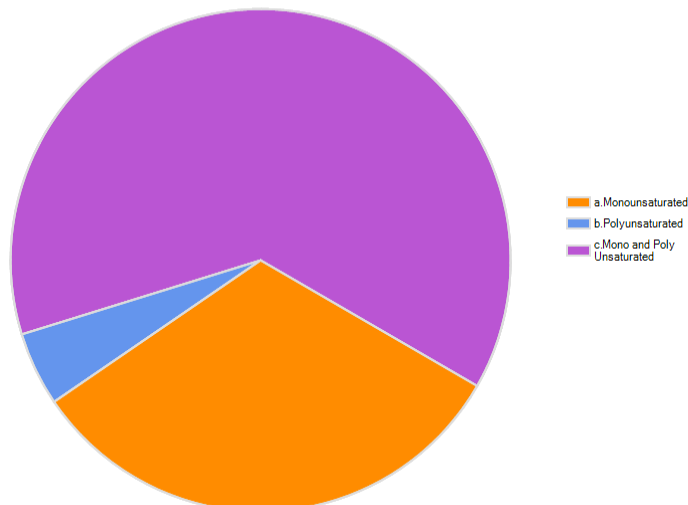
- 1. Fruits and Vegetables: 75%
- 2. Olive Oil: Monounsaturated fat: 40%
- 3. Fish/Salmon: 33%
- 4. Whole Grains: 31%
- 5. Berries (raspberry/blueberry): 29%
- 6. Nuts: 25%
- 7. Low Fat Dairy: 25%
- 8. Legumes: 21%

3. Which dietary class of oils do you most commonly recommend for healthy living?

- a. Monounsaturated
- b. Polyunsaturated
- c. Mono and Poly Unsaturated

Answer Options	Response Percent	Response Count
a. Monounsaturated	32.1%	54
b. Polyunsaturated	4.8%	8
c. Mono and Poly Unsaturated	63.1%	106
<i>answered question</i>		168
<i>skipped question</i>		0

Which dietary class of oils do you most commonly recommend for healthy living?



4. Presently trans fat oils are only regulated or required to be labeled when above 0.5g or 500mg per serving size, i.e., anything under 0.5g or 500mg in a serving is considered '0' grams of trans fat.

Do you feel that this labeling law is adequate? Y/N

Do you feel that the present law misrepresents true Trans fat content of foods? Y/N

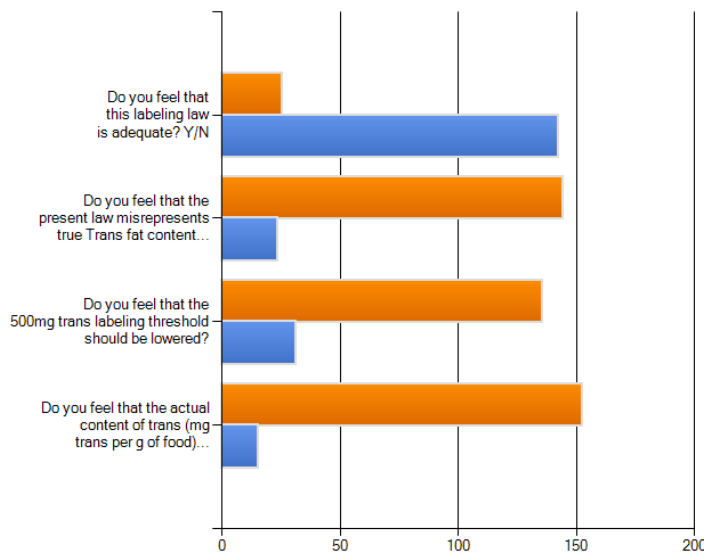
Do you feel that the 500mg trans labeling threshold should be lowered? Y/N

If yes to what level?

Do you feel that the actual content of trans (mg trans per g of food) should be on the food label? Y/N

Presently trans fat oils are only regulated or required to be labeled when above 0.5g or 500mg per serving size, i.e., anything under 0.5g or 500mg in a serving is considered '0' grams of trans fat.			
Answer Options	Yes	No	Response Count
Do you feel that this labeling law is adequate? Y/N	25 (15%)	142 (85%)	167
Do you feel that the present law misrepresents true Trans fat content of foods? Y/N	144 (86%)	23 (14%)	167
Do you feel that the 500mg trans labeling threshold should be lowered?	135 (81%)	31 (19%)	166
Do you feel that the actual content of trans (mg trans per g of food) should be on the food label?	152 (91%)	15 (9%)	167
	<i>answered question</i>		167
	<i>skipped question</i>		1

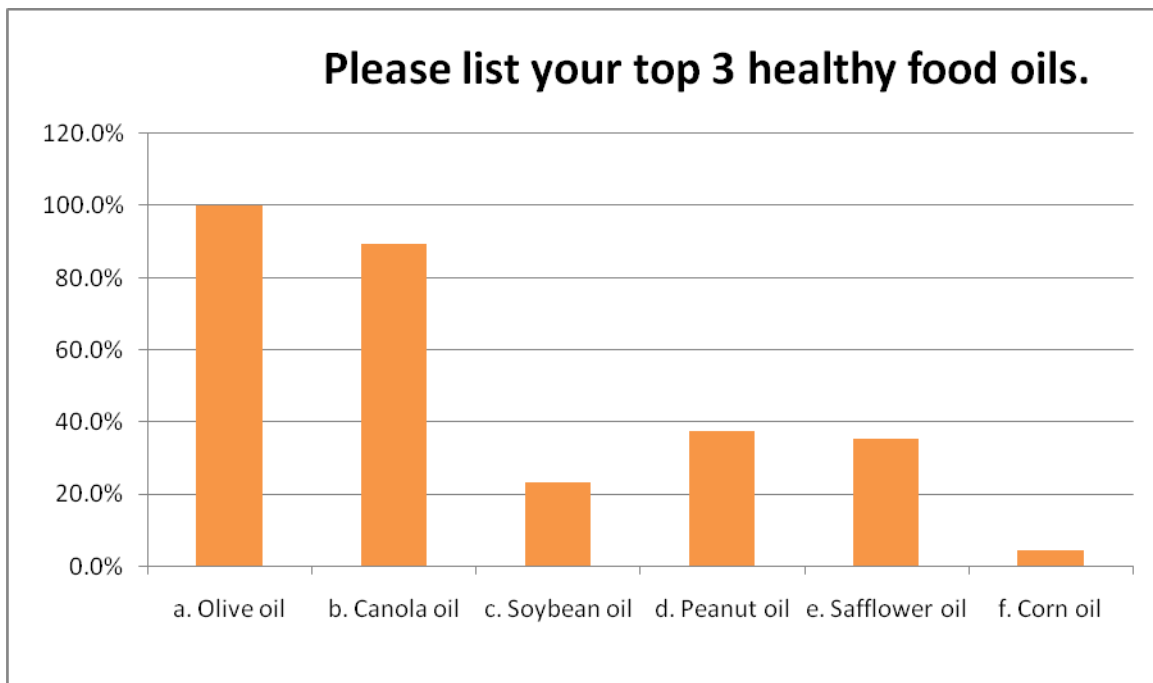
Presently trans fat oils are only regulated or required to be labeled when above 0.5g or 500mg per serving size, ie, anything under 0.5g or 500mg in a serving is considered '0' grams of trans fat.



5. Please list your top 3 healthy food oils.

- a. Olive oil
- b. Canola oil
- c. Soybean oil
- d. Peanut oil
- e. Safflower oil
- f. Corn oil

Please list your top 3 healthy food oils.		
Answer Options	Response Percent	Response Count
a. Olive oil	100.0%	168
b. Canola oil	89.3%	150
c. Soybean oil	23.2%	39
d. Peanut oil	37.5%	63
e. Safflower oil	35.1%	59
f. Corn oil	4.2%	7
<i>answered question</i>		168
<i>skipped question</i>		0



6. Which food oils do you routinely recommend to your patients?

Olive Oil	157/165	95%
Canola Oil	132/165	80%
Soybean Oil	13/165	8%
Peanut Oil	12/165	7%
Safflower Oil	12/165	7%
Flax Seed Oil	12/165	7%
Fish Oil	7/165	4%
Walnut Oil	6/165	4%
Grape Seed Oil	6/165	4%
Corn Oil	5/165	3%
Coconut Oil	4/165	2%
Avocado Oil	3/165	2%
Sunflower Oil	2/165	1%
Butter	1/165	-
Hemp Oil	1/165	-
Palm Fruit Oil	1/165	-

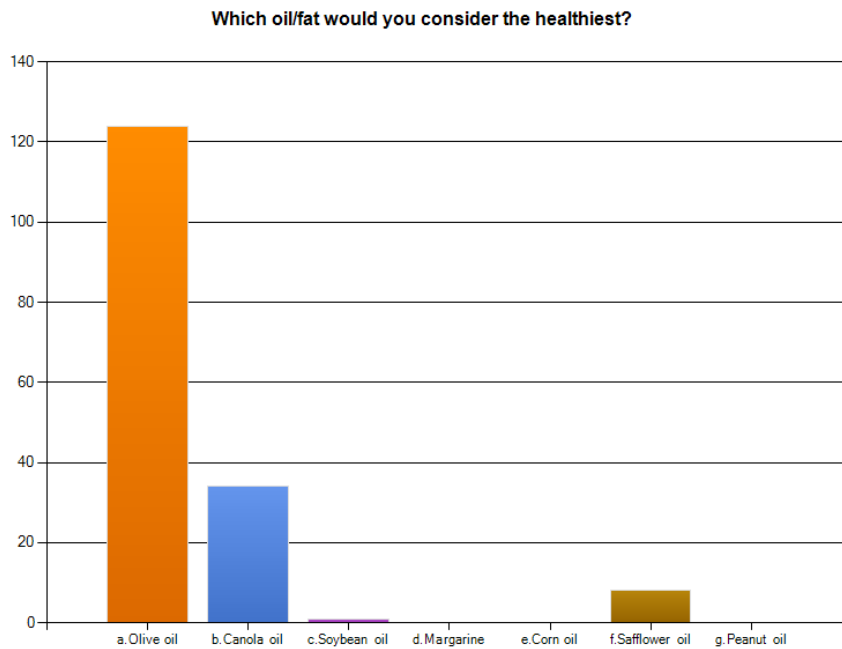
7. Do you recommend Olive Oil to your patients? (Yes or No)

Do you recommend Olive Oil to your patients? (Yes or No)		
Answer Options	Response Percent	Response Count
Yes	100.0%	168
No	0.0%	0
<i>answered question</i>		168
<i>skipped question</i>		0

8. Which oil/fat would you consider the healthiest?

- a. Olive oil
- b. Canola oil
- c. Soybean oil
- d. Margarine
- e. Corn oil
- f. Safflower oil
- g. Peanut oil

Which oil/fat would you consider the healthiest?		
Answer Options	Response Percent	Response Count
a. Olive oil	74.3%	124
b. Canola oil	20.4%	34
c. Soybean oil	0.6%	1
d. Margarine	0.0%	0
e. Corn oil	0.0%	0
f. Safflower oil	4.8%	8
g. Peanut oil	0.0%	0
<i>answered question</i>		167
<i>skipped question</i>		1



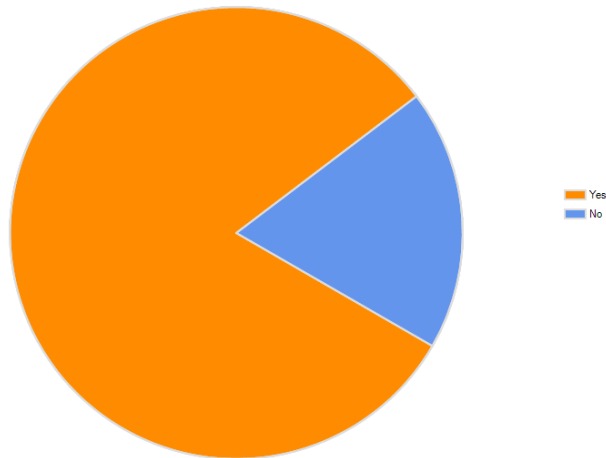
9. Do you consider Olive Oil a healthy food oil? Yes or No.

Do you consider Olive Oil a healthy food oil?		
Answer Options	Response Percent	Response Count
Yes	100.0%	167
No	0.0%	0
<i>answered question</i>		167
<i>skipped question</i>		1

10. Do you see added value in blending omega 3 rich oils (canola, DHA algal oils) with food oils? Yes or No.

Do you see added value in blending omega 3 rich oils (canola, DHA algal oils) with food oils? Yes or No.		
Answer Options	Response Percent	Response Count
Yes	81.3%	135
No	18.7%	31
<i>answered question</i>		166
<i>skipped question</i>		2

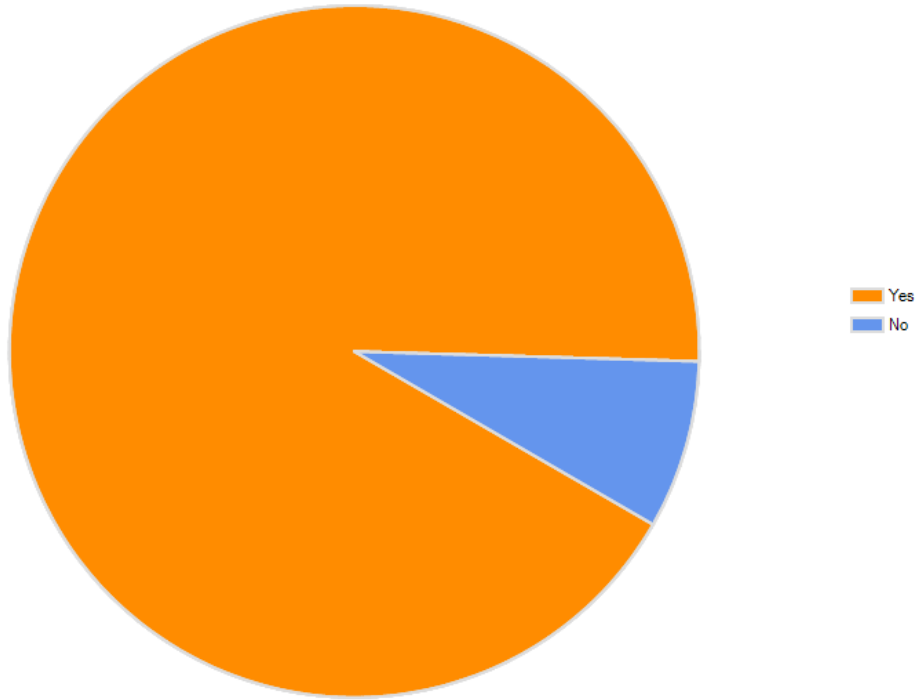
Do you see added value in blending omega 3 rich oils (canola, DHA algal oils) with food oils? Yes or No.



11. Do you feel that the antioxidant/polyphenolic content of oils like extra virgin olive oil contributes to the health benefits of oils? Yes or No.

Do you feel that the antioxidant/polyphenolic content of oils like extra virgin olive oil contributes to the health benefits of oils?		
Answer Options	Response Percent	Response Count
Yes	92.1%	152
No	7.9%	13
<i>answered question</i>		165
<i>skipped question</i>		3

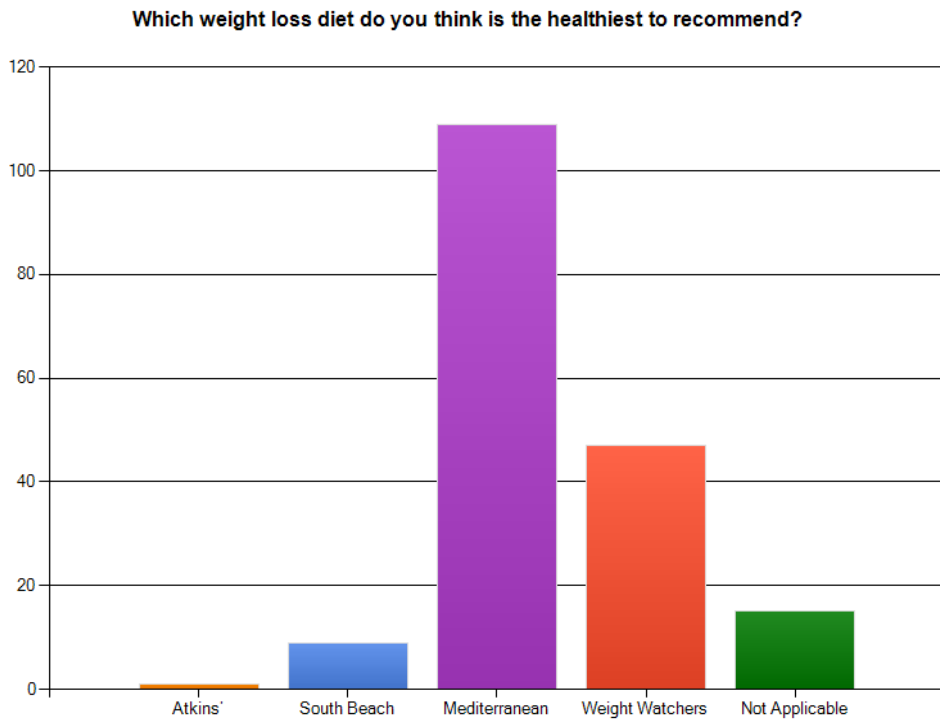
Do you feel that the antioxidant/polyphenolic content of oils like extra virgin olive oil contributes to the health benefits of oils?



12. Which weight loss diet do you think is the healthiest to recommend?

- a. Atkins
- b. South Beach
- c. Mediterranean
- d. WeightWatchers
- e. Other _____

Which weight loss diet do you think is the healthiest to recommend?		
Answer Options	Response Percent	Response Count
Atkins	0.6%	1
South Beach	5.4%	9
Mediterranean	64.9%	109
WeightWatchers	28.0%	47
Not Applicable	8.9%	15
<i>answered question</i>		168
<i>skipped question</i>		0

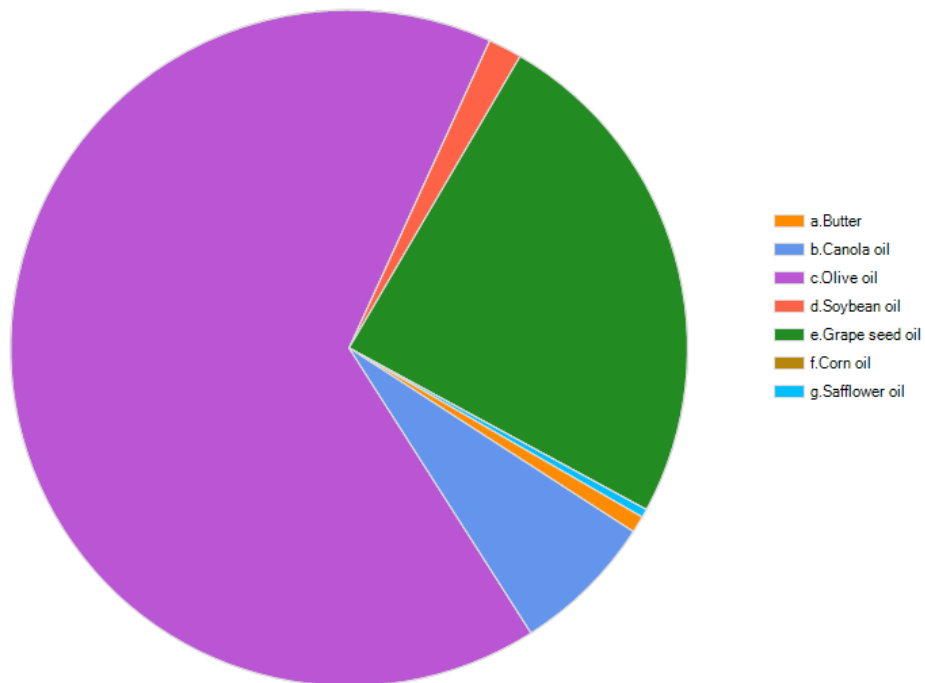


13. Which dietary oils do you feel are most closely associated with the Mediterranean diet?

- a. Butter
- b. Canola oil
- c. Olive oil
- d. Soybean oil
- e. Grape seed oil
- f. Corn oil
- g. Safflower oil

Which dietary oils do you feel are most closely associated with the Mediterranean diet?		
Answer Options	Response Percent	Response Count
a. Butter	1.2%	2
b. Canola oil	10.1%	17
c. Olive oil	97.6%	164
d. Soybean oil	2.4%	4
e. Grape seed oil	36.3%	61
f. Corn oil	0.0%	0
g. Safflower oil	0.6%	1
<i>answered question</i>		168
<i>skipped question</i>		0

Which dietary oils do you feel are most closely associated with the Mediterranean diet?

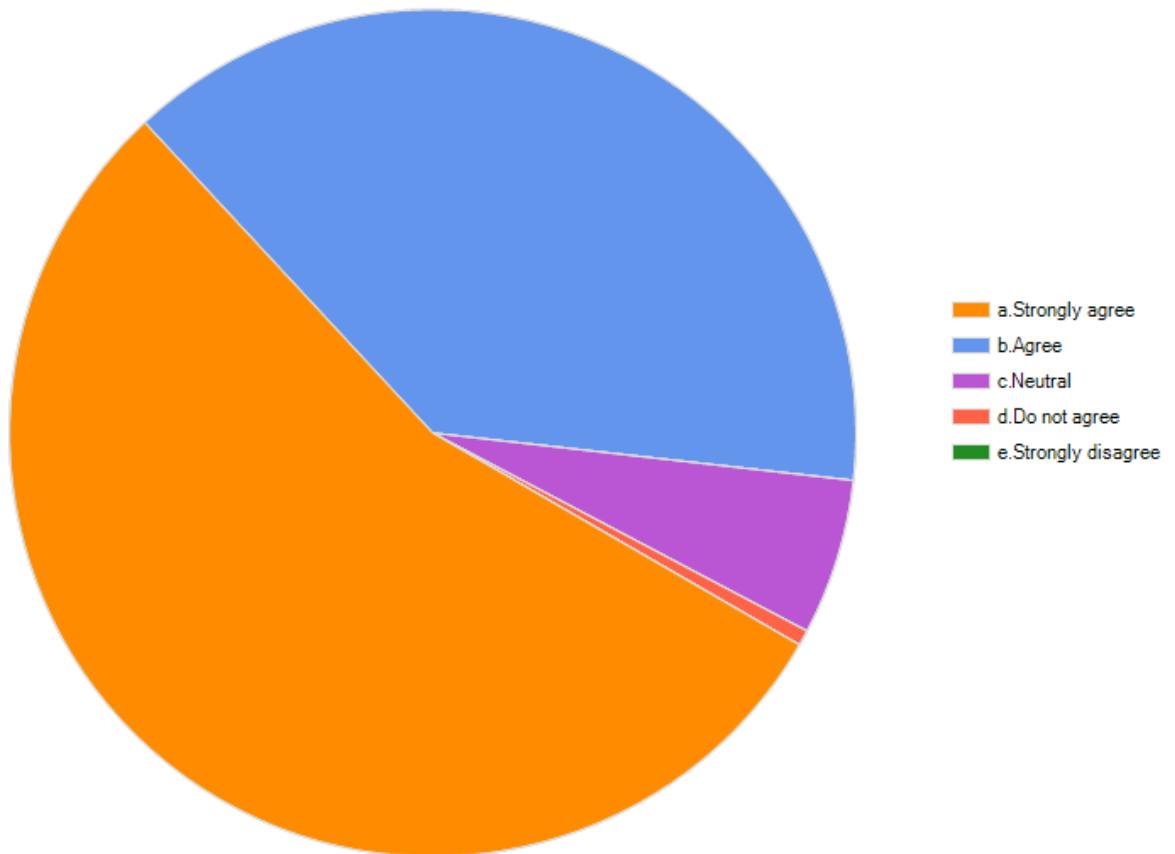


14. Do you: _____ That Olive Oil is a key component of the Mediterranean diet.

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Do not agree
- e. Strongly disagree

Do you: _____ That Olive Oil is a key component of the Mediterranean diet.		
Answer Options	Response Percent	Response Count
a. Strongly agree	54.8%	92
b. Agree	38.7%	65
c. Neutral	6.0%	10
d. Do not agree	0.6%	1
e. Strongly disagree	0.0%	0
<i>answered question</i>		168
<i>skipped question</i>		0

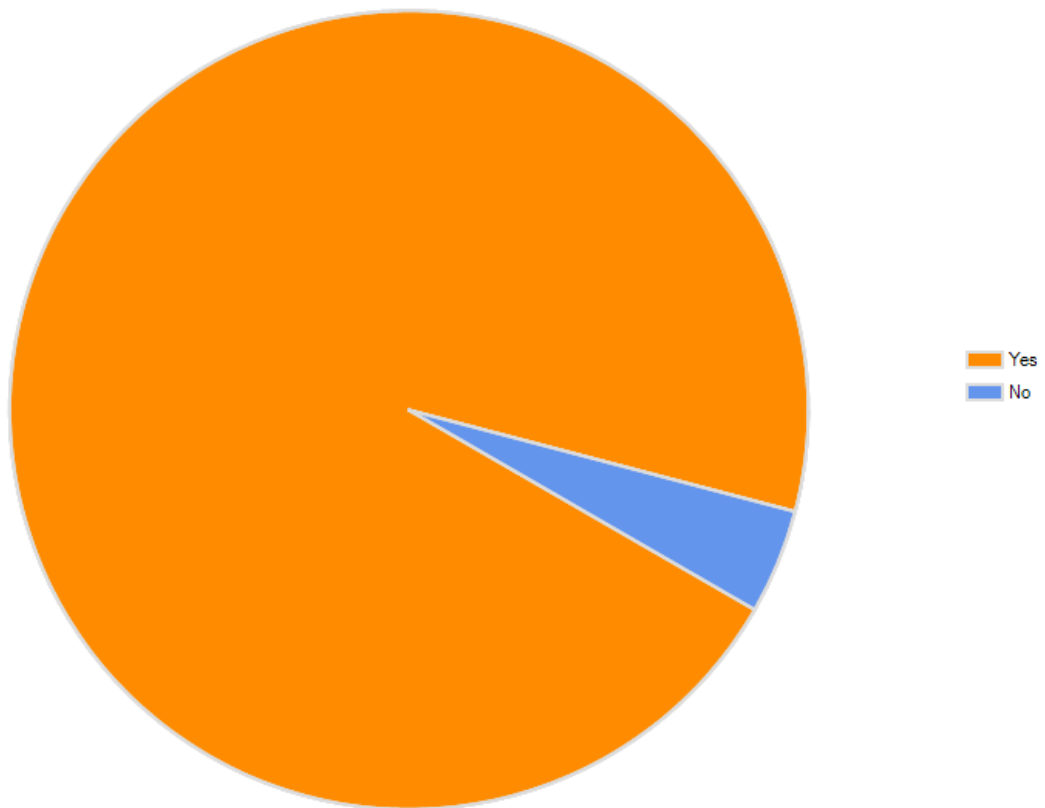
Do you: _____ That Olive Oil is a key component of the Mediterranean diet.



15. Are certain fats actually healthy for the heart? (Y/N)

Are certain fats actually healthy for the heart?		
Answer Options	Response Percent	Response Count
Yes	95.8%	158
No	4.2%	7
	<i>answered question</i>	165
	<i>skipped question</i>	3

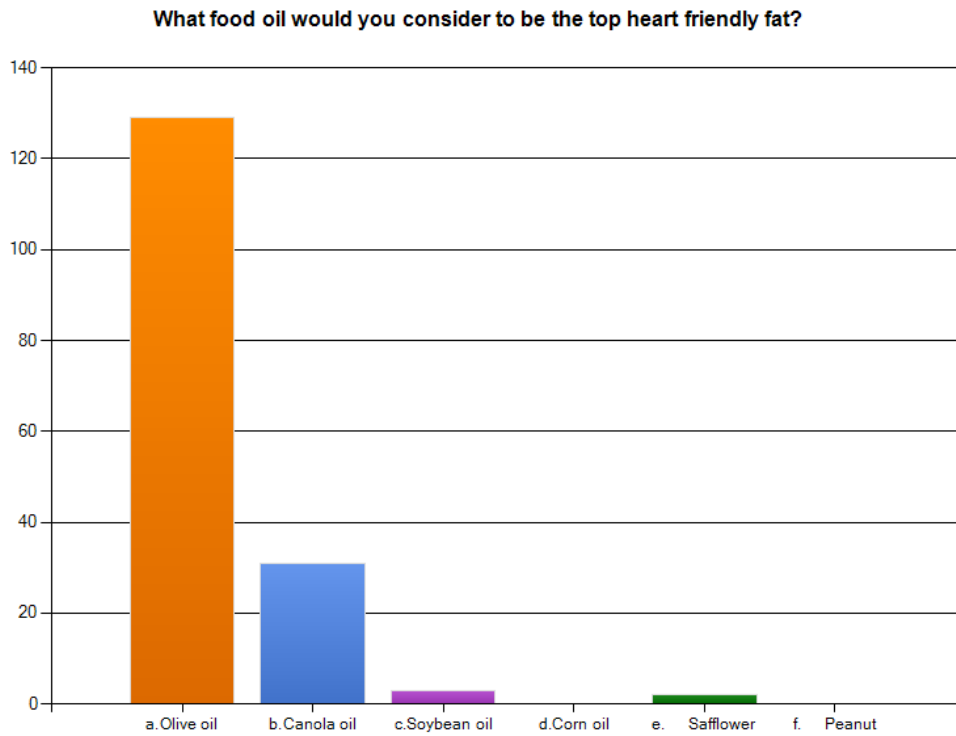
Are certain fats actually healthy for the heart?



16. What food oil would you consider to be the top heart friendly fat?

- a. Olive oil
- b. Canola oil
- c. Soybean oil
- d. Corn oil
- e. Other _____

What food oil would you consider to be the top heart friendly fat?		
Answer Options	Response Percent	Response Count
a. Olive oil	78.2%	129
b. Canola oil	18.8%	31
c. Soybean oil	1.8%	3
d. Corn oil	0.0%	0
e. Safflower	1.2%	2
f. Peanut	0.0%	0
<i>answered question</i>		165
<i>skipped question</i>		3

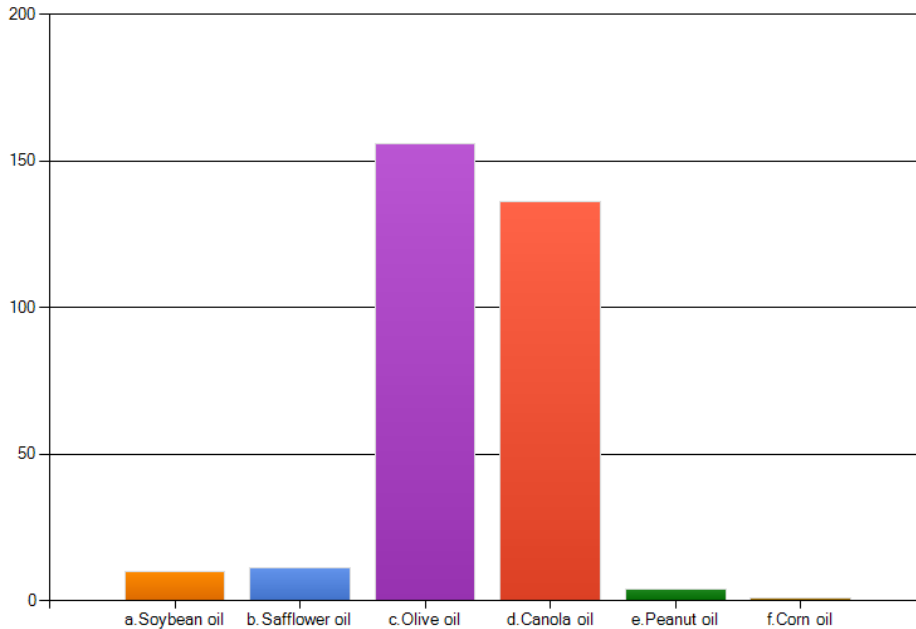


17. If you recommend replacing butter and hydrogenated fats which 2 food oils do you commonly recommend?

- a. Soybean oil
- b. Safflower oil
- c. Olive oil
- d. Canola oil
- e. Peanut oil
- f. Corn oil

If you recommend replacing butter and hydrogenated fats which 2 food oils do you commonly recommend?		
Answer Options	Response Percent	Response Count
a. Soybean oil	6.1%	10
b. Safflower oil	6.7%	11
c. Olive oil	94.5%	156
d. Canola oil	82.4%	136
e. Peanut oil	2.4%	4
f. Corn oil	0.6%	1
<i>answered question</i>		165
<i>skipped question</i>		3

If you recommend replacing butter and hydrogenated fats which 2 food oils do you commonly recommend?

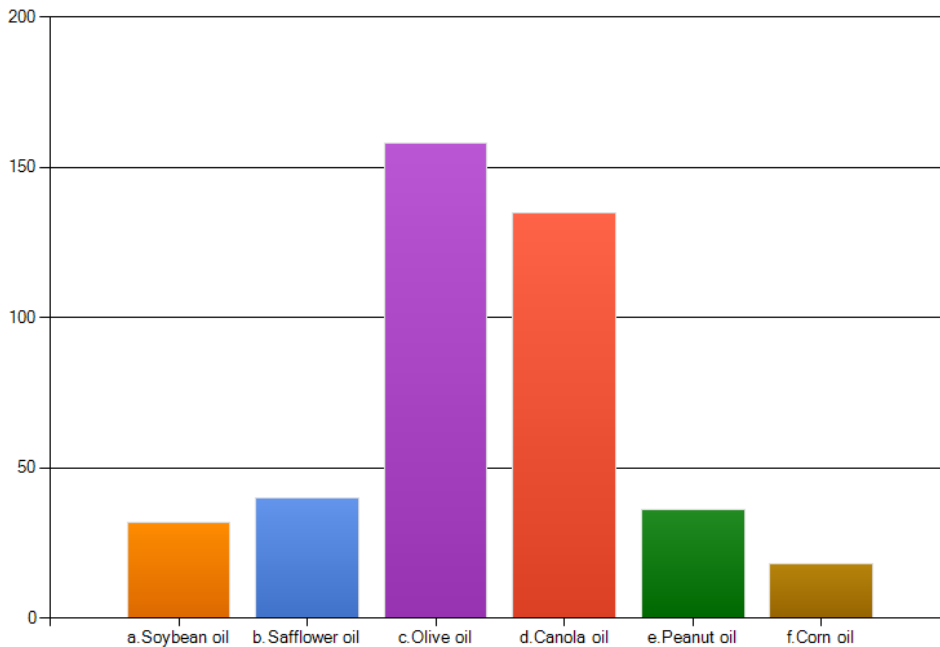


18. What kind of dietary oils do you recommend during weight loss dieting (check all that apply)?

- a. Soybean oil
- b. Safflower oil
- c. Olive oil
- d. Canola oil
- e. Peanut oil
- f. Corn oil

What kind of dietary oils do you recommend during weight loss dieting (check all that apply)?		
Answer Options	Response Percent	Response Count
a. Soybean oil	19.4%	32
b. Safflower oil	24.2%	40
c. Olive oil	95.8%	158
d. Canola oil	81.8%	135
e. Peanut oil	21.8%	36
f. Corn oil	10.9%	18
<i>answered question</i>		165
<i>skipped question</i>		3

What kind of dietary oils do you recommend during weight loss dieting (check all that apply)?



In Summary

Dietitians who responded to the survey demonstrated a strong preference for olive oil and to a lesser extent canola oil. A vast majority agree that olive oil is a key component of the Mediterranean diet which a significant number prefer over other diets. Moreover, nearly every dietitian recommends olive oil to their patients and even recommends its use during weight loss dieting. A large majority of the dietitians believes that the labeling of trans fat does not go far enough to identify the levels in products.