

# HEALTH SIGNIFICANCE OF FAT QUALITY OF THE DIET

BARCELONA, FEBRUARY 1-2 2009, INTERNATIONAL EXPERT MEETING

## Israel

**When:** March 30<sup>th</sup>, 2009

**Where:** Tel Aviv

**What:** Scientific conference



# Organizers and Participants

The conference was organized by the Institute for the Study of the Effect of Natural Food on the Quality of Life and Human Health, Tel Aviv University, Sackler Faculty of Medicine, headed by Prof. Ardon Rubinstein

Conference objectives:

- To review the scientific rationale for consumption of fats
- To discuss the gap between science and what is on our plates
- To set recommendations for bridging this gap

Participants:

30 opinion leaders in the fields of medicine, public health and nutrition in Israel



# Review: presentations and speakers

Results of the IEM, presented by Prof Ardon Rubinstein,  
Head of the Institute of Metabolic Diseases, Tel Aviv Sourasky Medical Center.

The importance of the balance between omega 6 and omega 3 fatty acids for human health, presented by Prof Amiram Raz,  
Department of Biochemistry, Tel Aviv University.

How do nutrition and recommendations come together? presented Prof Elliot Berry,  
Department of Metabolism and Human Nutrition, Hadassah University Hospital, Ein-Karem.



The shift from science to our dinner plates, presented by Dorit Adler,  
Clinical dietician, director of the Department of Nutrition and Diet at Hadassah University Hospital, Ein-Karem

Going from theory to practice, presented by Dr. Sigal Eilat, clinical dietician and epidemiologist

# Discussion

Healthcare care professionals must convey messages on the *quality of fats* for health and recommend people to reduce their consumption .saturated fats and increase their consumption of unsaturated fat

Healthcare care professionals should be familiar with the fat quality of foods so that they can share this knowledge with patients

People should replace foods rich in "bad" fats like butter, hard margarines, fatty cheeses, fatty meats and fried foods with foods rich in "good" fats like canola oil, olive oil, fish, mayonnaise, soft margarine, avocado, nuts and other vegetable spreads.

Messages to the general public need to be clear, simple, implementable and in the language of food.



# Recommendations and next steps



- All healthcare professionals need to have general knowledge about fats and nutrition - not only of specific components in the diet
- Quantity and Quality of the fats are important
- A change in public health can only be achieved when we focus on consumer knowledge and education

- An organization needs to be established that can influence the industry, in order to improve foods
- Rules for advertisement needs to be established through legislation
- The focus of public education in Israel should be on reducing saturated and trans fat intake.

