

19 March 2015
Gabrielle Burke
Producer - Morning
ABC 612 Brisbane

Dear Gabrielle

Re: Interview with nutritionist Cyndi O'Meara on cholesterol, 11 March 2015

The Dietitians Association of Australia (DAA) commends much of the content of the interview with Cyndi O'Meara on cholesterol 11 March 2015. Many useful pieces of information are explained well.

However, DAA feels consumers may be left confused due to some incomplete and contradictory statements during the interview.

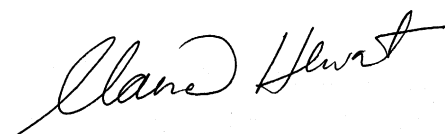
At around 7:00 minutes, saturated fat is described as a 'wonderful energy source'. All fats – monounsaturated, polyunsaturated and saturated fats contribute the same amount of energy per gram. By omitting mono and polyunsaturated fats from this discussion implies that energy provided by these fats is somehow different.

A discussion about 'natural' versus 'manmade' fats then ensues. At around 8:17 minutes, natural fats are described as monounsaturated, polyunsaturated and saturated fats, while it is suggested manmade fats are found in margarine, canola oil and corn oil. All fats and oils contain a combination of monounsaturated, polyunsaturated and saturated fats ie canola oil is approximately 63% monounsaturated fat, 28% polyunsaturated fat and 7% saturated fat. The contradictory statements are likely to mislead consumers.

For your reference, the [Nutrition A-Z section](#) on our website contains up-to-date, evidence based information on a range of nutrition topics, including [cholesterol](#), [fat](#), [saturated fat](#), [trans fat](#), [unsaturated fat](#), [avocados](#) and [coconut oil](#).

DAA also has 21 media-trained Spokespeople available to discuss cholesterol, fats and oils, and any other nutrition related topic. All our spokespeople are Accredited Practising Dietitians (APDs) and 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 our Spokespeople, please contact Jess Turner on jturner@daa.asn.au or telephone 0409 661 920.

A handwritten signature in black ink, which appears to read 'Claire Hewat', is positioned above the typed name.

Claire Hewat AdvAPD
CEO
Dietitians Association of Australia