

Opinion: There are worse things than butter

By Mark Bittman, New York Times

Julia Child, goddess of fat, is beaming somewhere. Butter is back, and when you're looking for a few chunks of pork for a stew, you can resume searching for the best pieces – the ones with the most fat. Eventually, your friends will stop glaring at you as if you're trying to kill them.

That the worm is turning became increasingly evident a couple of weeks ago, when a meta-analysis published in the journal *Annals of Internal Medicine* found that there's just no evidence to support the notion that saturated fat increases the risk of heart disease. (In fact, there's some evidence that a lack of saturated fat may be damaging.) The researchers looked at 72 different studies and, as usual, said more work – including more clinical studies – is needed. For sure. But the days of skinless chicken breasts and tubs of I Can't Believe It's Not Butter! may finally be drawing to a close.

The tip of this iceberg has been visible for years, and we're finally beginning to see the base. Of course, no study is perfect and few are definitive. But the real villains in our diet – sugar and ultra-processed foods – are becoming increasingly apparent. You can go back to eating butter, if you haven't already.

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