

# THE SOAPBOX

## SO, CHOLESTEROL'S BACK ON THE MENU THEN?

After years of us rationing our butter and eggs, dietary guidelines are chucking a u-ey on cholesterol – the US has declared it's “not considered as a nutrient of concern for overconsumption.” Is it about time?



WHAT A —  
YOLK



The short answer is yes. Not because cholesterol itself is actually good for you, but because the foods that naturally contain it (eggs, meat, dairy, shellfish) also provide other nutrients that make up important parts of a healthy diet.

Back in the 1980s, fat and cholesterol were deemed public enemies in relation to heart disease. But, the message became oversimplified and fear of fat became so entrenched that it sparked a fat-free frenzy. Instead of replacing the more problematic saturated and trans with healthier options (fish, nuts, cold-pressed olive oil), food manufacturers removed and replaced all fat with sugar and carbohydrates. The words “fat” and “cholesterol” became interchangeable.

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The number of eggs you can eat per week as part of a healthy, balanced diet.

SOURCE: HEART FOUNDATION

Cholesterol is how humans and animals transport fat around in the blood, and only foods from animals contain it. But this didn't stop clever marketers taking advantage of the confusion, stamping “cholesterol-free” claims on foods like margarine (made from veg oils) and peanut butters. Suddenly, butter and eggs seemed to be the dangerous option with evil cholesterol lurking in every serve.

The reality? Only 15 per cent of the cholesterol in your blood comes from what you eat – your liver produces the rest.

So, this change in guidelines (a culmination of the most up-to-date scientific research) is great news and highlights how much nutrition science is evolving in the way it approaches diets and health. Instead of focusing on single nutrients and deciding if they're “good” or “bad”, we're finally looking at the overall picture. We should be eating whole, minimally processed and nutritious foods – but you already knew that.

### ABOUT OUR EXPERT

The nutritionist and mum of three is the director of education company Beck Health & Nutrition.  
@kristenbecknutrition

## OUR EXPERTS

### HEALTH

**Dr Ginni Mansberg**  
T: @Dr\_Ginni

Sunrise's resident GP still has a long list of patients – and she's pumped out four health books.

### FITNESS

**Michelle Bridges**  
T+IG: @MishBridges

The *Biggest Loser* trainer runs the successful 12 Week Body Transformation online program.

### FITNESS

**Ray Klerck**  
T: @MensHealthRay

A fitness writer, strength trainer and nutrition consultant who co-authored *A Fist Full of Food*.

### YOGA

**Claudine Lafond**  
IG: @yogabeyond

With more than 15 years' experience, our resident yogi is also co-founder of *yogabeyond.com*.

### FOOD

**Bridget Davis**  
T: @Bridget\_Cooks

She has some 20 years of commercial kitchen experience, but we know her best as The Internet Chef.

### RELATIONSHIPS

**Dr Traci Coventry**  
IG: @eponabrae

The horse-loving, Melbourne-based clinical psychologist counsels couples and singles.

### INTEGRATIVE MEDICINE

**Dr Karen Coates**  
drkaren.com.au

This women's health doctor blends mainstream and alternative medicine.

### STRESS LESS

**Dr Suzy Green**  
T: @DrSuzyGreen

Our chirpy clinical and coaching psychologist heads up The Positivity Institute.

### WEIGHT LOSS

**Tara Diversi**  
T: @TaraDiversi

This dietitian is an assistant professor of nutrition and dietetics at Bond University, Qld.

### EMOTIONS

**Dr Alice Boyes**  
T: @DrAliceBoyes

This psychology expert recently released her first book, *The Anxiety Toolkit*.

### SEX

**Jacqueline Hellyer**  
T: @LoveLifebyJH

The sex therapist holds workshops on sexual empowerment and is penning her third book.

### MONEY

**Sarah Riegelhuth**  
T: @SarahRiegelhuth

This leading financial expert co-founded the award-winning advisory firm Wealth Enhancers.

### BEAUTY

**Dr Elizabeth Dawes-Higgs**  
T: @OzDermatologist

An award-winning dermatologist, she also has a private practice in Sydney.

### NUTRITION

**Kristen Beck**  
IG: @kristenbecknutrition

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