



Cheese, Butter, and Eggs Are Good for You

Health authorities and dietary guidelines have told us for years to avoid high-fat animal foods like cheese, butter, and eggs. Science, however, is catching up to the fact that these ancestral foods are healthy.

High-fat dairy for better health

The latest research bombshell showed that there was no association between dairy fats and ill health. [Serial measures of circulating biomarkers of dairy fat and total and cause-specific mortality in older adults: the Cardiovascular Health Study.](#)

It also showed that higher intake was associated with a 42% lower risk of stroke.

Of course, correlation doesn't equal causation, weak epidemiology, etc.

But if dairy fat caused cardiovascular disease or other chronic disease, we would see an association. And we don't.

[High-fat dairy foods are also associated with a lower rate of colon cancer.](#) "Each increment of 2 servings of high-fat dairy foods/d corresponded to a 13% reduction in the risk of colorectal cancer."

[High-fat dairy like cheese and butter is associated with less obesity.](#)

The observational evidence does not support the hypothesis that dairy fat or high-fat dairy foods contribute to obesity or cardiometabolic risk, and suggests that high-fat dairy consumption within typical dietary patterns is inversely associated with

obesity risk.

So, cheese, butter, cream, yogurt, and other high-fat dairy products do not cause cardiovascular disease, and may protect against colorectal cancer, stroke, and obesity.

Eggs are healthy

Our establishment has also demonized eggs. Is there any basis for their claims that eggs are not healthy?

[There is no association between egg consumption and risk of type 2 diabetes.](#) Despite what the “plant-based” advocates will tell you. [Current evidence suggests that there is no cause for concern regarding eggs and diabetes.](#)

In type 2 diabetics on a weight-loss diet, [consumption of a high amount of eggs did not adversely affect cardiometabolic markers.](#)

Other studies have found that eating eggs improves cardiometabolic markers: [insulin sensitivity and lipid markers were better when eating eggs.](#)

[Eating eggs increases HDL \(“good”\) cholesterol.](#)

Why have we been misled?

Denigrating cheese, butter, and eggs came about as a natural consequence of the establishment denigrating saturated fat, of which high-fat dairy products contain a lot, as do eggs.

But as we now know, [saturated fat does not cause cardiovascular disease.](#)

It all started with Ancel Keys and others trying to find out what was causing [the heart disease epidemic.](#)

[But, as Nina Teicholz has argued, Keys was not only mistaken but was dishonest.](#)

Cigarettes, sugar, and seed oils are arguably far more responsible for heart disease and all the other chronic diseases we have now. We figured out cigarettes, but seed oils and sugar are still given a pass.

Health authorities won't embrace low-carbohydrate diets, or diets high in animal foods, because it would ruin their saturated fat narrative. They care more about never admitting that they were wrong than about your health.

Conclusion

For good health and protection against obesity, cardiovascular disease, and cancer, eat cheese, butter and eggs.

Also yogurt and sour cream, and other high-fat dairy products.

Eat eggs.

Also meat and fish.

Do not eat ultra-processed foods, which contain the deadly combo of seed oils, sugar, and refined grains.

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