

## Are there room for butter in a healthy diet?

**Period:** January 2013 -December 2015  
**Budget:** 4.812.000 DKK  
**Funding:** The Danish Milk Levy Fund (Mælkeafgiftsfonden)  
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**Collaborators:**

### Background

Butter eaten in large amounts raises blood cholesterol concentration. However, the effects of a moderate butter intake have not been elucidated.

### Aim

- a. to investigate the effects of a moderate butter intake on blood lipids (total, LDL and HDL cholesterol, TG) and risk markers of diabetes type 2 in humans.
- b. to work out a healthy dietary regimen of which butter is a part.
- c. to write a overview paper on the role of milk fat and risk parameters of life style diseases

### Methods

*The experimental part:* The effects of a diet containing 25 g of butter (21 g of milk fat/12 MJ) are compared with a diet containing the same amount of olive oil (refined, therefore without polyphenols) in a blinded, randomized controlled cross-over design with duration of 2x8 weeks separated by wash-out periods. Risk markers investigated are blood lipids (plasma total, LDL and HDL cholesterol, and TG), plasma glucose and insulin.

*The theoretical part:* Individual types of fat and carbohydrates are substituted by a realistic amount of butter in a way that the composition of the diet meets the requirements of NNA (New Nordic Dietary Recommendations) and will result in a report applicable to dietary recommendations. Besides a review article on milk fat and life style disease will be compiled.

### Results

A plausible result of the project may be that butter when eaten in moderate amounts could be part of a healthy diet. Acquaintance of this might improve the image of butter benefitting the consumers, as well as the dairy industry.