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Asunto: El aceite de girasol calentado, vinculado al cáncer

Estimado amigo

Adjunto te remito el artículo publicado en , www.cadenaser.com, sobre la relación entre el aceite de girasol calentado y su vinculación al cáncer:

http://cadenaser.com/programa/2015/11/08/hora_14_fin_de_semana/1446976689_230033.html

y a continuación el artículo original publicado en la revista www.telegraph.co.uk:

<http://www.telegraph.co.uk/news/health/news/11981884/Cooking-with-vegetable-oils-releases-toxic-cancer-causing-chemicals-say-experts.html>

El aceite de girasol calentado, vinculado al cáncer

Según un estudio publicado por científicos británicos, advierten sobre los daños de freír comida en aceite de girasol y de maíz porque emiten químicos tóxicos relacionados con el cáncer y la demencia



El estudio lo publica el diario británico Telegraph en su versión de este domingo, recogiendo los datos de un estudio realizado por algunos de los mayores expertos en la materia. Cocinar con aceites vegetales emite productos químicos vinculados al cáncer y a otras enfermedades.

La recomendación es que se use aceite de oliva o de coco, e incluso llega a afirmar que la mantequilla es mejor que el aceite de girasol. Los resultados de una serie de experimentos

amenazan la idea de que los aceites ricos en grasas polisaturadas como el aceite de maíz o de girasol son mejores para la salud que las grasas saturadas en los productos animales.

Los científicos han concluido que calentar los aceites vegetales hace que emitan altas concentraciones de químicos llamados aldehídos, tradicionalmente vinculados con enfermedades como el cáncer, los problemas cardiacos y la demencia.

Martín Grootveld, un profesor de química bioanalítica y patología química, dice que su investigación mostró que la típica comida de pescado y patatas fritas fritas en aceite de

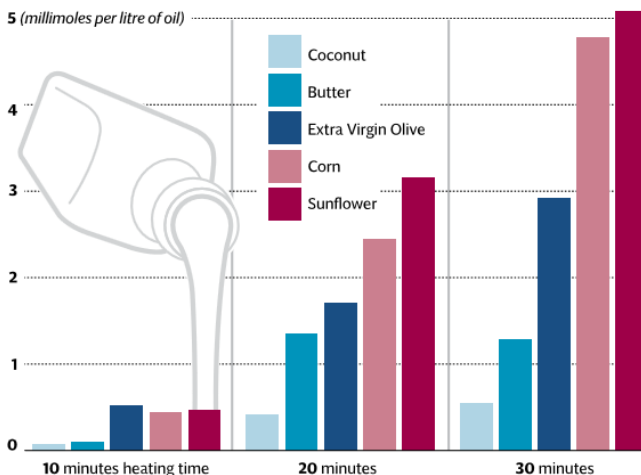
girasol contenía de 100 a 200 veces más aldehídos que los límites diarios seguros indicados por la Organización Mundial de la Salud.

En contraste, al calentar la mantequilla o aceite de oliva en pruebas similares, el estudio ha mostrado que se han emitido niveles muchos más bajos de aldehídos. Incluso el aceite de coco es más indicado por sus menores niveles de productos químicos dañinos.

La preocupación sobre estos productos químicos tóxicos derivados de calentar aceites, según este informe, ha llevado a registrar enfermedades de trombos o proliferación de la demencia.

How the oils turn toxic

Concentrations of toxic aldehyde per litre of oil when heated at 180°C



Según el profesor John Stein, catedrático emérito de Neurociencia en Oxford: "En parte, debido al uso de aceites de girasol cocinados, el cerebro humano está cambiando de tal forma que se ha convertido en un problema serio, tan serio como el cambio climático puede ser".



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"Los aceites vegetales son ricos en ácidos Omega 6, contribuyen a la reducción de grasas críticas ácidas Omega 3 en el cerebro reemplazándolas.

"Si consumes muy a menudo o en muchas cantidades aceite de girasol, el cerebro absorbe demasiada Omega 6 y obliga a retirarse al Omega 3" dijo el profesor Stesin. "Yo creo que la falta de ese Omega 3 es un factor muy potente que contribuye al incremento de los problemas mentales y otros problemas ya añadidos como la dislexia", ha sentenciado

Dijo que el aceite de girasol y aceite de maíz ahora han sido desterrados de su propia cocina, reemplazados por el aceite de oliva y la mantequilla...

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Fdo: Joaquín López López

Director de ANEO

Cooking with vegetable oils releases toxic cancer-causing chemicals, say experts

Scientists warn against the dangers of frying food in sunflower oil and corn oil over claims they release toxic chemicals linked to cancer

By Robert Mendick, Chief Reporter

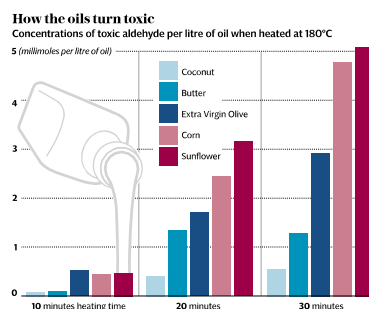
8:13PM GMT 07 Nov 2015

Cooking with vegetable oils releases toxic chemicals linked to cancer and other diseases, according to leading scientists, who are now recommending food be fried in olive oil, coconut oil, butter or even lard.

The results of a series of experiments threaten to turn on its head official advice that oils rich in polyunsaturated fats – such as corn oil and sunflower oil – are better for the health than the saturated fats in animal products.

Scientists found that heating up vegetable oils led to the release of high concentrations of chemicals called aldehydes, which have been linked to illnesses including cancer, heart disease and dementia.

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Martin Grootveld, a professor of bioanalytical chemistry and chemical pathology, said that his research showed “a typical meal of fish and chips”, fried in vegetable oil, contained as much as 100 to 200 times more toxic aldehydes than the safe daily limit set by the World Health Organisation.

“The human brain is changing in a way that is as serious as climate change threatens to be”

Professor John Stein, Oxford University’s emeritus professor of neuroscience

In contrast, heating up butter, olive oil and lard in tests produced much lower levels of aldehydes. Coconut oil produced the lowest levels of the harmful chemicals.

Concerns over toxic chemicals in heated oils are backed up by separate research from a University of Oxford professor, who claims that the fatty acids in vegetable oils are contributing to

other health problems.

Professor John Stein, Oxford’s emeritus professor of neuroscience, said that partly as a result of corn and sunflower oils, “the human brain is changing in a way that is as serious as climate change threatens to be”.

- Just one steak a week 'can increase risk of bowel cancer'
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- The 116 things that can give you cancer

Because vegetable oils are rich in omega 6 acids, they are contributing to a reduction in critical omega 3 fatty acids in the brain by replacing them, he believes.

“If you eat too much corn oil or sunflower oil, the brain is absorbing too much omega 6, and that effectively forces out omega 3,” said Prof Stein. “I believe the lack of omega 3 is a powerful contributory factor to such problems as increasing mental health issues and other problems such as dyslexia.”

He said sunflower oil and corn oil were now banished from his own kitchen, replaced by olive oil and butter.

NHS advice is to replace “foods high in saturated fat with lower-fat versions” and warns against frying food in butter or lard, recommending instead corn oil, sunflower oil and rapeseed oil. Saturated fats raise cholesterol levels, increasing the risk of heart disease.

But Prof Grootveld, of De Montfort University in Leicester, who carried out a series of experiments, said: “For decades, the authorities have been warning us how bad butter and lard was. But we have found butter is very, very good for frying purposes and so is lard.

“People have been telling us how healthy polyunsaturates are in corn oil and sunflower oil. But when you start messing around with them, subjecting them to high amounts of energy in the frying pan or the oven, they undergo a complex series of chemical reactions which results in the accumulation of large amounts of toxic compounds.”

The findings are contained in research papers. Prof Grootveld’s team measured levels of “aldehydic lipid oxidation products” (LOPs), produced when oils were heated to varying temperatures. The tests suggested coconut oil produces the lowest levels of aldehydes, and three times more aldehydes were produced when heating corn oil and sunflower oil than butter.

The team concluded in one paper last year: “The most obvious solution to the generation of LOPs in culinary oils during frying is to avoid consuming foods fried in PUFA [polyunsaturated fatty acid]-rich oils as much as possible.”

Prof Grootveld said: “This major problem has received scant or limited attention from the food industry and health researchers.” Evidence of high levels of toxicity from heating oils has been available for many years, he said.

Health concerns linked to the toxic by-products include heart disease; cancer; “malformations” during pregnancy; inflammation; risk of ulcers and a rise in blood pressure.

He said the oils when “completely pure [and] authentic ... offer no threats to human health” but that “LOPs arising from the frequent and common use of polyunsaturated fats” for frying “certainly do so”.

Public Health England says saturated fats, including butter and coconut oil “can be eaten occasionally in small amounts as part of a healthy balanced diet”.

How we moderate

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