

Butter not significantly linked to ill health, says study

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Eating butter has only a small negative impact on total mortality, it does not worsen cardiovascular health, and it may help to protect against diabetes, according to research published in *PLOS One*.



Butter is bad for you...or is it?

Saturated fat is generally considered unhealthy, and dietary guidelines recommend avoiding it.

In 2014, the United States Department of Agriculture (USDA) noted that consumption of butter in the U.S. was at an all-time high.

In view of this, the authors of the current study felt that an investigation into the impact of butter consumption would be "highly relevant and timely."

A growing number of experts have been rethinking the focus on isolated macronutrients, such as saturated fats, and their impact on chronic conditions.

Instead, there is a call toward food-based paradigms. This type of approach might better take into account, for example, the fact that the specific fatty acid profile of one food that is rich in dairy fat will be different from the profiles of other foods.

The argument goes that a range of items that are similarly high in dairy fats may also contain other substances that could have different lipid and metabolic effects.

For example, dairy products such as yogurt and certain cheeses have been found to have metabolic properties that may help to prevent [type 2 diabetes](#), despite being dairy fats.

Type 2 Diabetes.

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes.

If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

Facts About Type 2

Type 2 diabetes is the most common form of diabetes.

In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. But, over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 is treated with lifestyle changes, oral medications (pills), and insulin.

When glucose builds up in the blood instead of going into cells, it can cause two problems:

Right away, your cells may be starved for energy.

Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

Some people with type 2 can control their blood glucose with healthy eating and being active. But, your doctor may need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time – even if you don't need medications at first, you may need to later on.

Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.