Do Seed Oils Cause Fatty Liver? Responding to @DrEricBerg Transcript

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Claim About Seed Oils and Liver Damage

The most dangerous food for your liver is not sugar, it's not saturated fat, and it is NOT processed meat. The dangerous foods for liver are the unsaturated fats, seed oils.

Those oils not only get stuck in the liver for up to two years, but they create inflammation that can lead to a fatty liver, they can create fibrosis in liver as well as cirrhosis.

Avoid these oils, soy, corn, canola, cottonseed.

Questioning the Evidence Behind the Claim

So Eric Berg claims that seed oils get stuck in your liver for up to two years but didn't provide any evidence for that astonishing claim and then went on to say that Seed Oils Cause Inflammation leading to Fatty Liver again without any Evidence.

What Actually Drives Fatty Liver

As I've discussed previously there is virtually zero human evidence suggesting that the seed oil causes inflammation so this time I want to hone in on the fatty liver claims.

The primary driver of liver fat accumulation that isn't due to things like alcohol consumption is excessive calorie intake leading to fat gain. And when you gain fat, some of that will be stored in the liver.

How much is stored the in liver depends on a few variables including genetics but also to an extent what you're eating.

Research Comparing Saturated and Polyunsaturated Fats

We have multiple randomized controlled trials comparing saturated fat rich foods like butter to polyunsaturated fat-rich foods, like the seed oils he mentioned, and those seed oil tend to lead to lower liver fat accumulation compared to the saturated fats.

In fact, I'm not aware of any evidence to be the contrary. So if anything, we actually have pretty solid data suggesting that these seed-oils are one of the preferable fat sources when it comes to liver health.