Ghee vs. Canola Oil for Liver and Heart Health Transcript

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Study setup: ghee vs canola oil

Here's an interesting study pitting ghee against canola oil and evaluating a number of markers of liver and cardiometabolic health. This 12-week randomized controlled trial included 110 people in Iran who use ghee daily.

Liver health improvements with canola oil

They were randomized into one of two groups, with one group being told to continue using ghee and the other group to replace that ghee with an equivalent amount of canolo oil.

After 12 weeks, those consuming canola oil saw significant reductions in the liver enzymes ALT and GGT, both of which can be related to fatty liver. compared to those who were consuming ghee.

Cholesterol, glucose, and insulin markers

And based on ultrasound results, those that consumed canola oil saw significant reductions in liver fat, which even persisted after adjusting for the average change in body weight.

Canola Oil also led to significant reduction in total cholesterol, LDL cholesterol and triglycerides compared with ghee, while there was also a small reduction of HDL Cholesterol only in men.

Interestingly those consuming canole oil, saw a significant reduce in their fasting blood glucose, insulin and markers of insulin sensitivity. And finally, those consuming canola oil saw significant reductions in their weight, BMI, waist-to-height ratio, and waist circumference compared to ghee.

Weight and waist measurements

This flies in the face of claims that canole oil is obesogenic and, if anything, may even support the idea that Canola Oil has some satiating properties making people feel full on less.