Testing the Oil and Butter Method for Eggs: One Fat Wins Transcript

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Butter, Oils, and the Big Question

For 40 years we've For 40 years we've been told that been told that butter will kill you. Then butter will kill you. Then the internet declared the internet declared butter a superfood and butter a superfood and oils a poison. So what is oils a poison. So what is true about this?

true about this? Today I'm cooking eggs Today I'm cooking eggs three ways: in three ways: in butter, in butter, in olive oil, and using the olive oil, and using the famous cooking famous cooking trick—oil plus trick—oil plus butter. And I'll tell you butter. And I'll tell you which fat actually which fat actually wins.

Introducing the Egg Cooking Test

Not because the guidelines say so, but because of guidelines say so, but because of chemistry and data. I am chemistry and data. I am Dr. Ahmet Ergin. I am an Dr. Ahmet Ergin. I am an endocrinologist.

endocrinologist. endocrinologist. As you know, we have a As you know, we have a website called sugarmds.com, and website called sugarmds.com, and today I will give you today I will give you honest and truthful honest and truthful information. Some information. Some commonly accepted commonly accepted nutritional advice was nutritional advice was wrong. The era of wrong. The era of low-fat foods low-fat foods pushed people towards pushed people towards sugary foods, and sugary foods, and many of my many of my diabetic patients diabetic patients paid the price. It's fair to be skeptical, but fair to be skeptical, but skepticism means skepticism means following the evidence, following the evidence, even when it even when it surprises you. So, surprises you.

Why Butter Burns Faster

So, let's protest. I'll call let's protest. I'll call this pan the first—just butter. It tastes butter. It tastes great, there's no great, there's no arguing that. But arguing that. But look at the look at the frying pan. Butter is frying pan. Butter is approximately 80% fat, approximately 80% fat, water, and milk water, and milk residues: proteins and residues: proteins and milk sugar. These milk sugar. These milky residues milky residues start to start to start to brown and brown and burn at a fairly burn at a fairly low temperature.

low temperature. This is why oil smokes This is why oil smokes and turns black over and turns black over medium to medium to high heat. high heat. Burnt butter is Burnt butter is not just bitterness.

not just bitterness. Overheated fats Overheated fats form form form oxidation products, which you wouldn't oxidation products, which you wouldn't want to eat every morning.

want to eat every morning.

The Olive Oil Myth

Now let's talk about the Now let's talk about the second pan—oil second pan—oil and butter. Chefs and butter. Chefs say that adding say that adding oil raises the oil's smoke point. And here's the truth: oil's smoke point. And here's the truth: that's not entirely true.

that's not entirely true. Milk residue will still Milk residue will still burn at the burn at the same same same temperature. There are temperature. There are just fewer of them per spoon, so they burn, so they burn a little slower and a little slower and you notice it less you notice it less. So this. So this method is a flavor method is a flavor trick, not a trick, not a health benefit. Not bad, health benefit. Not bad, but overrated.

but overrated. Now let's talk about the Now let's talk about the third pan— extra virgin olive oil. extra virgin olive oil. People will say, "Doctor, People will say, "Doctor, what are you talking about? You what are you talking about? You can't cook with olive oil can't cook with olive oil. It has a. It has a low low low smoke point." Well, this is smoke point." Well, this is one of the biggest one of the biggest kitchen myths. In a kitchen myths. In a laboratory laboratory laboratory study, scientists study, scientists heated heated heated olive oil and other olive oil and other popular oils to popular oils to high temperatures for hours.

high temperatures for hours. Extra virgin olive oil Extra virgin olive oil was found to be was found to be was found to be the most stable. the most stable.

Olive Oil Stability and Health Data

It produced fewer It produced fewer harmful compounds than harmful compounds than oils with a higher oils with a higher smoke point. Why? smoke point. Why?

Thanks to natural Thanks to natural antioxidants, antioxidants, antioxidants, polyphenols and polyphenols and vitamin E. vitamin E. Smoking temperature is not everything.

not everything. The main thing is stability. Eggs are cooked over are cooked over low heat in any case. low heat in any case. Egg or chatter—you're Egg or chatter—you're not even not even close to the close to the danger zone.

danger zone. Now here is the medical Now here is the medical data. This is not just a data. This is not just a kitchen experiment. A large-scale. A large-scale Harvard Harvard Harvard study study study tracked more than tracked more than 90,000 people for 90,000 people for nearly 30 years. People who consumed more than who consumed more than half a tablespoon of half a tablespoon of olive oil per olive oil per day had a lower day had a lower risk of death from risk of death from heart disease, cancer, and heart disease, cancer, and neurodegenerative neurodegenerative neurodegenerative diseases. Replacing diseases. Replacing about 10g of about 10g of butter, butter, butter, margarine or margarine or mayonnaise per day with mayonnaise per day with olive oil was olive oil was associated with an 8–34% reduction in the risk of death. This is 8–34% reduction in the risk of death.

Eggs, Cholesterol, and Blood Sugar

This is observational data, observational data, so it shows so it shows a correlation, not a correlation, not necessarily necessarily necessarily perfect proof, but perfect proof, but it is consistent with it is consistent with randomized randomized randomized trials of the trials of the trials of the Mediterranean Mediterranean Mediterranean diet, like Predimed. What diet, like Predimed. What about eggs? The good about eggs? The good news: news: news: eggs are good for most people.

eggs are good for most people. Dietary cholesterol Dietary cholesterol affects affects affects blood cholesterol levels blood cholesterol levels less than we less than we previously thought. However, some previously thought. However, some people are people are hyperreactive, and hyperreactive, and people with diabetes people with diabetes should monitor their should monitor their egg consumption. So egg consumption. So know your know your metrics. Get a metrics. Get a lipid profile and, lipid profile and, if possible, if possible, include an include an apoB test. Your apoB test. Your analyses are more useful than analyses are more useful than anyone else's opinion, including anyone else's opinion, including mine. In addition, fats mine. In addition, fats do not cause blood sugar spikes. Eggs fried blood sugar spikes. Eggs fried in olive oil are a great breakfast with a great breakfast with a low glycemic low glycemic index. It's what index. It's what you eat them with—white you eat them with—white bread, juice, crackers—that actually causes the actually causes the sugar spike. So, sugar spike. So, who is the winner?

who is the winner? Of course, Of course, extra-virgin olive oil. It is extra-virgin olive oil. It is stable, contains stable, contains protective compounds, and protective compounds, and has the most has the most convincing convincing convincing long-term data.

long-term data.

The Winner: Extra Virgin Olive Oil

Do you like Do you like butter? Don't panic. A butter? Don't panic. A small piece small piece at the end for taste is normal for is normal for most people.

most people. The main thing is not to burn The main thing is not to burn oil and not make oil and not make it your main it your main source of fat. source of fat. Write Write Write your your your favorite way favorite way to cook eggs in the comments, and to cook eggs in the comments, and we'll see you in the we'll see you in the next video.

next video. Of course, like the Of course, like the video. Share video. Share it and write what you it and write what you think.