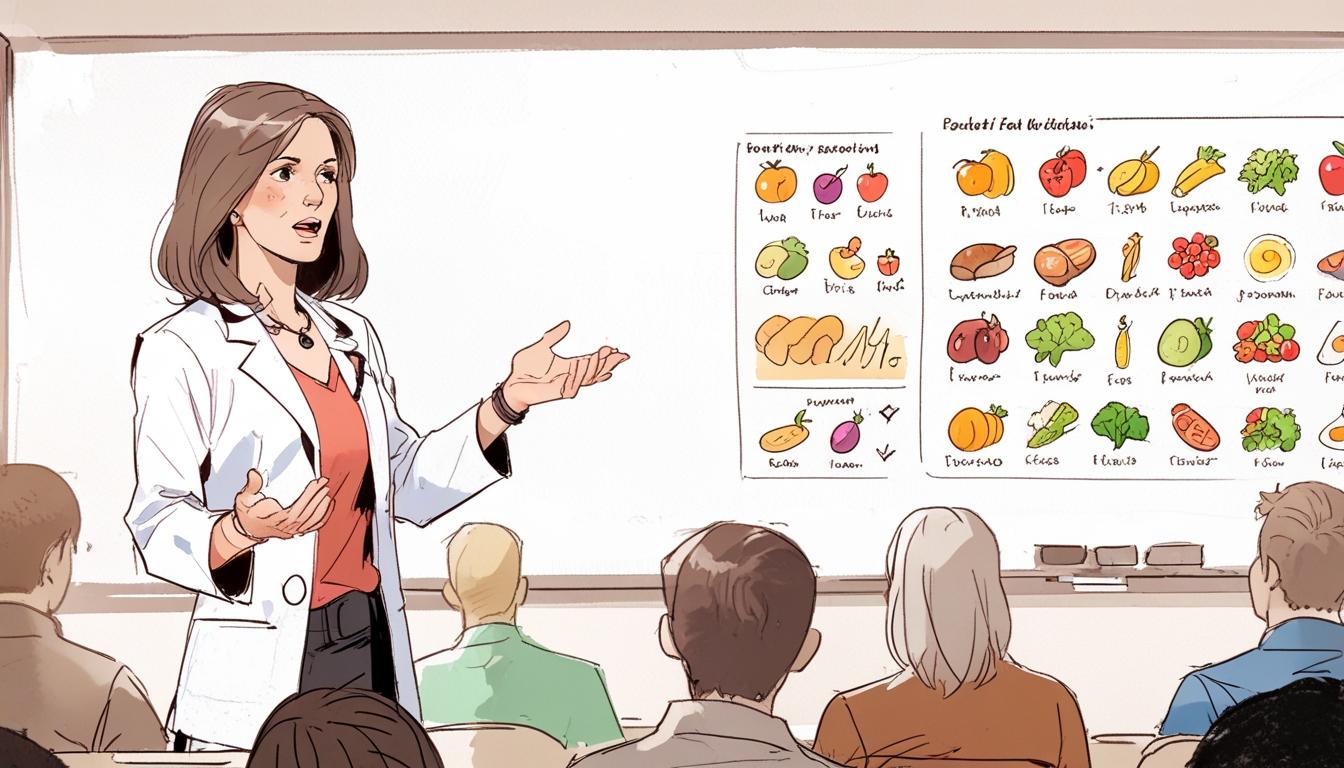
# Dr Renee Hoenderkamp challenges misconceptions about low-fat foods



In a recent TikTok video, NHS GP Dr Renee Hoenderkamp has sparked significant discussion regarding the health implications of low-fat food options, asserting that these alternatives may not be as beneficial as commonly believed. Speaking directly to her audience, Dr Hoenderkamp stated, "Low-fat foods – they aren't healthy for you, they won't help you lose weight and the full fat alternatives aren't damaging your heart!"

Dr Hoenderkamp's remarks highlight a widespread misconception about low-fat diets, a notion that many have followed in hopes of achieving weight loss. She elaborated that the process required to create low-fat foods often involves extensive processing, which is linked to rising rates of obesity and certain types of cancer.

According to Dr Hoenderkamp, the removal of fat from these foods does not necessarily mean they are low in calories or sugars. "Low-fat foods can still be high in sugar, sodium and starch to compensate for the taste lost when fat is removed," she explained. The GP cautioned that the carbohydrate content in low-fat options could lead to increased triglycerides, which are associated with a heightened risk of heart disease.

Moreover, she underscored potential dangers linked to highly processed low-fat foods, including an increased risk of metabolic disorders like diabetes. Notably, Dr Hoenderkamp pointed out that a lack of sufficient saturated fats can adversely affect cognitive function and emotional well-being.

In her video, the doctor also made a specific reference to women, warning that low-fat diets could potentially disrupt menstrual cycles and fertility. "Low-fat foods can lack essential nutrients that your body needs, including Vitamins A, D, E and K, whilst they can also leave you feeling hungry, which can lead to you overeating and putting weight on," she said.

Conversely, Dr Hoenderkamp highlighted the advantages of incorporating full-fat alternatives into one’s diet, proclaiming, "We need good healthy fat." She expressed that fats play a crucial role in supporting cell function, maintaining body temperature, and serving as a potent energy source. Additionally, fats aid in the absorption of vital fat-soluble vitamins and assist in hormone production and blood pressure regulation. "Healthy fats help reduce inflammation and support gut health and balance mood," she noted.

In summarising her advice, Dr Hoenderkamp made a clear distinction between healthy fats and harmful trans fats, stating that individuals should aim for a minimally processed, home-cooked diet rich in healthy fats to promote overall health.

The TikTok community has responded positively to Dr Hoenderkamp’s insights, with many users praising her straightforward approach to nutrition. Comments ranged from expressions of relief that a medical professional is sharing sensible dietary advice to personal anecdotes about the benefits of returning to a full-fat diet. One user remarked, "At last, an NHS doctor giving good healthy food advice," while another shared, "So good to hear this, since I've changed to full fat again my life is so much better and I've lost worth gained muscle and feel fab."

As the conversation surrounding dietary habits continues to evolve, Dr Hoenderkamp’s video presents a fresh perspective on the role of fat in nutrition and challenges long-held beliefs about low-fat diets.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.gbnews.com/lifestyle/weight-loss-tips-diet-exercise> - This article supports the idea that diets focusing on eliminating food groups often fail and highlights the importance of avoiding ultra-processed foods, which aligns with Dr. Hoenderkamp's advice on minimizing processed foods and focusing on whole, minimally processed diets.
* <https://www.gbnews.com/health/eye-health-diet-heartburn-gut> - This article discusses the importance of a varied, home-cooked diet for overall health, which aligns with Dr. Hoenderkamp's recommendation for a minimally processed diet rich in healthy fats. It also touches on the negative health impacts of processed foods.
* <https://www.tiktok.com/@drreneehoenderkamp/video/7449459204177366304> - This TikTok video by Dr. Hoenderkamp provides recipes and dietary advice that emphasize the importance of heart-healthy foods and reducing processed fats, supporting her stance on healthy fats.
* <https://www.tiktok.com/@drreneehoenderkamp/video/7426019949325339936> - This video further supports Dr. Hoenderkamp's advice on avoiding trans fats and focusing on heart-healthy foods, which is consistent with her views on the benefits of full-fat alternatives over low-fat processed foods.
* <https://www.healthline.com/nutrition/low-fat-foods> - This article provides insights into how low-fat foods are often highly processed and can be high in sugar and sodium, supporting Dr. Hoenderkamp's claims about the potential drawbacks of low-fat diets.