

Viewpoint: Ignore the internet food gurus—canola oil probably doesn't cause Alzheimer's disease

Food fads make me want to scream, cry, and hide in a cabin in the mountains. [MSG is safe](#). And [high fructose corn syrup is just an awful name for sugar](#). And only a [small number of people have a real gluten sensitivity](#). And now a published article has caused the internet to explode with the trope that canola oil causes Alzheimer's disease.

This new internet meme is based on a peer-reviewed article published in a real journal. But as I have written time and again, just because an article seems like it has sterling credentials, it doesn't mean the article is above criticism. We'll get to this article below.

As expected, all of the usual suspects in the pseudoscience world have jumped on board with clickbait headlines like, "[Scientists finally issue warning against canola oil: Study reveals it is detrimental to brain health, contributes to dementia, causes weight gain](#)." I always find it ironic when a pseudoscience-pushing website believes in scientists when it supports their belief.

Of course, we need to take a look at this whole issue. Here's my spoiler alert – there is little evidence that canola oil causes Alzheimer's disease (AD) or dementia. You can use it safely.

Read full, original article: [Canola oil causes Alzheimer's disease? Dubious evidence](#)