

## Healthy Fats

Ancel Keys had an undoubtable influence on diets and cardiovascular health with his lipid hypothesis. It associated high fat consumption, specifically saturated fat, to higher risk for developing coronary heart disease. So, when cases of heart disease rose to an alarming rate after WWII, the American Heart Association went on national television stating that butter, lard, eggs, and beef were the cause. Fat phobia swept the nation in 70's and 80's promoting vegetable-based fats such as margarine or non-fat substitutes. We have continued to consume this ideology yet close to one million people have a heart attack each year in the United States. If we have effectively reduced harmful saturated fat in our diets, then why do we see no improvement to public health?

The first piece of the puzzle stems from the increased use of hydrogenated vegetable-based oils both commercially and individually. Cheap to produce, these chemically altered hydrogenated oils have inflammatory qualities that are more invasive to the body than natural forms of saturated fat. We need fats for brain health, to maintain cell structure, and as a fuel source that doesn't spike blood sugar. Choose grass feed pasture raised meats and dairy products, organic coconut milk and oil, sprouted nuts and seeds, cold pressed olive oil or avocado oil, and wild caught fish including salmon as healthy sources of fat.

The second part of this equation is the increased amount of carbs, mostly sugar, as an alternative to reduced fat products. There is a direct relationship to sugar intake and chronic disease, including coronary heart disease.

Quality fat is less to blame than our reliance on processed foods that use hydrogenated oils and are often full of add sugars. Read more on the subjects with interviews from FRONTLINE.

<https://www.pbs.org/wgbh/pages/frontline/shows/diet/themes/lowfat.html>

