

The Skinny on Fat

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

The 3 Macronutrients

- Carbohydrates
- Protein
- Fat

Why is fat important?

- needed for proper functioning of the brain and nervous system
- Cholesterol (a type of fat) is a building block for vitamin D and certain sex hormones
- Stored energy
- Needed during pregnancy for developing baby, and for milk production by the nursing mother

Fat is Fat, Right?

- All fats are not the same
- Some fats are very healthy for us
- Some fats are very unhealthy
- Bottom line: you can't live without fat so learn to choose healthy fats!

So how do I know if it is a healthy fat?

- Simple. Is it a natural fat or a processed fat?
- Natural fats are primarily from animal protein (beef, pork, chicken, etc), or nuts, or fruit (avocado, olives, etc) in their unaltered form!
- Processed fats have been changed – hydrogenated – to make fully or “partially hydrogenated” trans fat
- Hydrogenation is a **chemical process** in which hydrogen atoms are added to a *liquid* vegetable fat to change it to a *solid* (example: margarine)

What fat are people afraid to eat?

- ANSWER: Saturated fat!
- For decades, we have been told that a diet high in saturated fats is a sure road to a heart attack.
 - Solution: Take statin drugs immediately!
- Is Saturated Fat as terrible as we have been led to believe?
- New Research says: NO

Saturated Fat: Harmful, or Innocent Bystander?

- Research article in the *American Journal of Clinical Nutrition*
- Analysis of 21 studies involving almost 350,000 people who were tracked from five to 23 years
- Conclusion: people who consumed the most saturated fat DID NOT have a higher risk of heart disease, stroke or any other cardiovascular disease
- Lead researcher Ronald Krauss (director of atherosclerosis research at Children's Hospital Oakland Research Institute) states:
 - Saturated fat may have an effect on cardiovascular disease risk, but the effect is so small that we just can't detect it. We shouldn't be demonizing saturated fat.

How did saturated fat get such a bad reputation?

- Saturated fat and cholesterol linked to heart disease in the 1950s
- Researcher (Ancel Keys) found a connection between diets containing saturated fat and heart disease in 7 different countries
- Soon, everyone was told to eat “low fat”

But on closer inspection

- The “fat is bad” research ignored countries such as France, where people ate high fat diets and had low levels of heart disease (the “French paradox”)
- Other experts note:
 - More than 20 studies have shown that people who have heart attacks don’t eat more saturated fat than healthy people
 - Eight studies have shown that people with stroke have eaten LESS saturated fat than healthy people

Did You Know?

No dietary study has succeeded in lowering heart disease deaths by reducing intake of saturated fat.

So what should we really be concerned about?

- **Artificial Trans-fats**
- About 80 percent of trans fat in American's diet comes from **factory-produced partially hydrogenated vegetable oil**.
 - There are small amounts of natural trans fat in beef and dairy

How Dangerous are Trans Fats?

- In Denmark, where it has been illegal for foods to contain more than 2% trans-fats since 2004, deaths from heart disease have dropped by 20%
- A 2006 study found that for each additional **2% of calories consumed as trans fat**, risk of heart disease **nearly doubled!**
- Trans fat not only raise total cholesterol levels, it also depletes good cholesterol (HDL), which helps protect against heart disease.
- Saturated fats do NOT deplete HDL – in fact, it may even increase HDL!

Trans fats are bad for kids!!

- Kids today are eating: food, pop tarts, commercially prepared fish sticks, stick margarine, cake, candy, cookies and microwave popcorn
- All high in trans fat
- 30% of kids are overweight or obese
- Kids as young as 8 or 9 have signs of heart disease – high blood pressure and diabetes

Trans fats' partner – Sugar....

- In 2006 the American Heart Association recommended the people cut their saturated fat to 7% of total calories – half of the amount people ate 40 years ago
- Food manufacturers replaced saturated fat and cholesterol with **refined carbohydrates, sugar and trans-fat**
- Today, the average American consumes close to 200 lbs of sugar a year

Result of the Trans-fat & Sugar Diet

- America's Number 1 Killer: Heart disease
 - high blood pressure, heart failure and stroke
- Heart disease kills more Americans than the next 5 leading causes of death COMBINED!
 - #2 cancer
 - #3 influenza
 - #4 lung disease (COPD)
 - #5 accidents
 - #6 diabetes

25% (1 in 4) of deaths in the United States are due to heart disease!

Fat Forecast

- By 2030, obesity rate will increase another 8%, to 42% of Americans
 - This means almost half of Americans will be at least **30 lbs** overweight
- The severely obese (more than 100 lbs overweight) is expected to be 11% by 2030 - **DOUBLE** the current rate
- 50% of severe obesity in adults is associated with being an obese child

Trans fat Ban

- IN 2008, New York City severely limited trans fats in restaurant foods – including fast foods chains like McDonalds.
- Many of the fast food chains started to cut trans fats in the national stores.
- This DOES NOT mean that fast food is suddenly a healthy choice!
 - Still loaded with sodium
 - Lost of frying: reduces nutrient content and creates acrylamide, a cancerous compound
 - One study found that high levels of acrylamide in the blood increased risk of breast cancer by 10x

Read the Label

- Trans fat content must be noted on the label

Nutrition Facts	
Serving Size 1 cup (234.0 g)	
Amount Per Serving	
Calories 550	Calories from Fat 307
% Daily Value*	
Total Fat 34.1g	53%
Saturated Fat 9.6g	48%
<i>Trans</i> Fat 1.6g	
Polyunsaturated Fat 4.1g	
Monounsaturated Fat 13.4g	
Cholesterol 21mg	7%
Sodium 826mg	34%
Total Carbohydrates 44.9g	15%
Dietary Fiber 2.3g	9%
Sugars 1.8g	
Protein 16.0g	
Vitamin A 35%	• Vitamin C 0%
Calcium 4%	• Iron 19%
* Based on a 2000 calorie diet	

This example is for a frozen chicken pot pie.

Avoid Trans Fats

- Biggest culprits are processed foods
 - Frozen foods, especially pizza, desserts, pot pies, breaded fish sticks
 - Prepackaged soup cups
 - Cake and biscuit mixes
 - Microwave popcorn
 - Chips and crackers
 - Cookies and candy
 - Margarine
 - for each teaspoon of margarine consumed each day, risk of heart disease was found to be raised by 10%
 - Long-term margarine consumption by women was associated with a 67% increased risk of heart disease

Eat Healthy Fats Instead

- Natural, mono- or polyunsaturated fats are very healthy, especially for the heart
- Olive Oil
 - In a recent study, regular use of olive oil reduced risk of dying (of any cause) by 26%, and specifically reduced risk of heart disease by 44%
- Sesame Oil
 - In a group of people with high blood pressure (despite taking prescription blood lowering medication) using sesame oil for cooking for 2 months reduced their average blood pressure to the normal range
 - Has also been found to promote weight loss
- Virgin coconut oil (not conventional hydrogenated oil)
 - Excellent for cooking and baking
- Don't be afraid of reasonable amounts of saturated fats – real butter instead of margarine, for example

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Paleolithic Diet

- 30% animal protein
- 60% animal fat (Not artificial trans fat!)
- 10% non-starchy carbohydrates from fruits and vegetables
 - no more than 72 grams of carbohydrates daily
 - 50 or less on the Glycemic Index