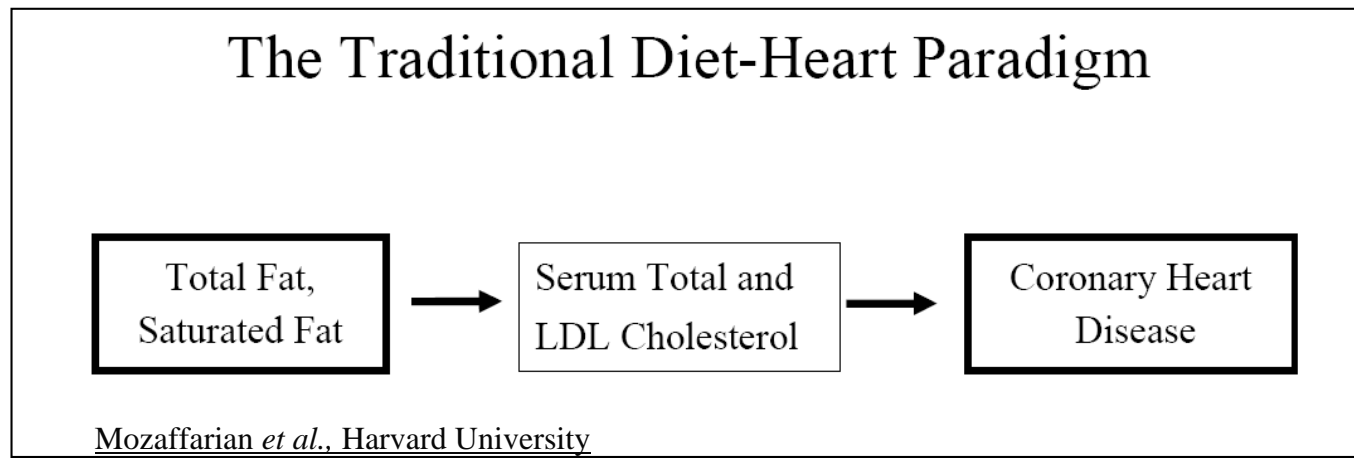




Recent Developments in Saturated Fat Nutrition (Summary)

The “Artery Clogging” theory

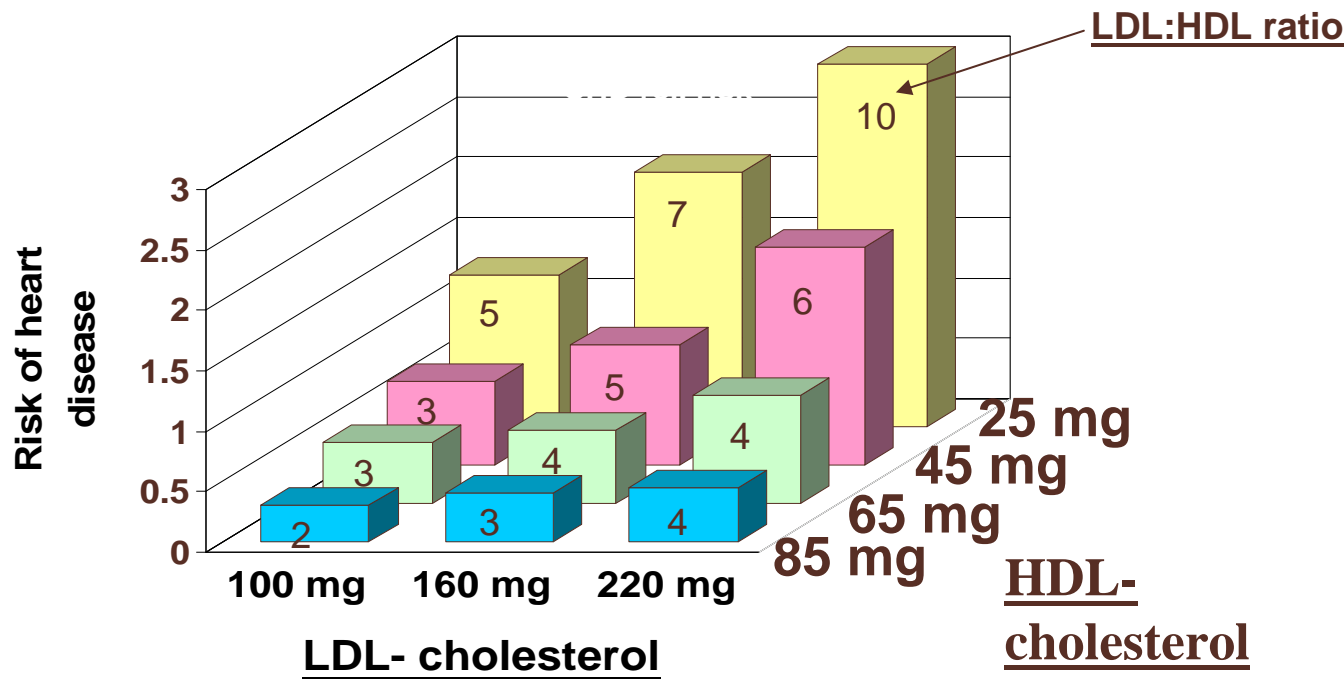
- In the 1960’s and 1970’s scientists believed that blood cholesterol and LDL (‘bad’) cholesterol increased risk of heart disease.
- Fat in general and saturated fat in particular increased cholesterol and were assumed to increase heart disease



What about HDL ('good') Cholesterol

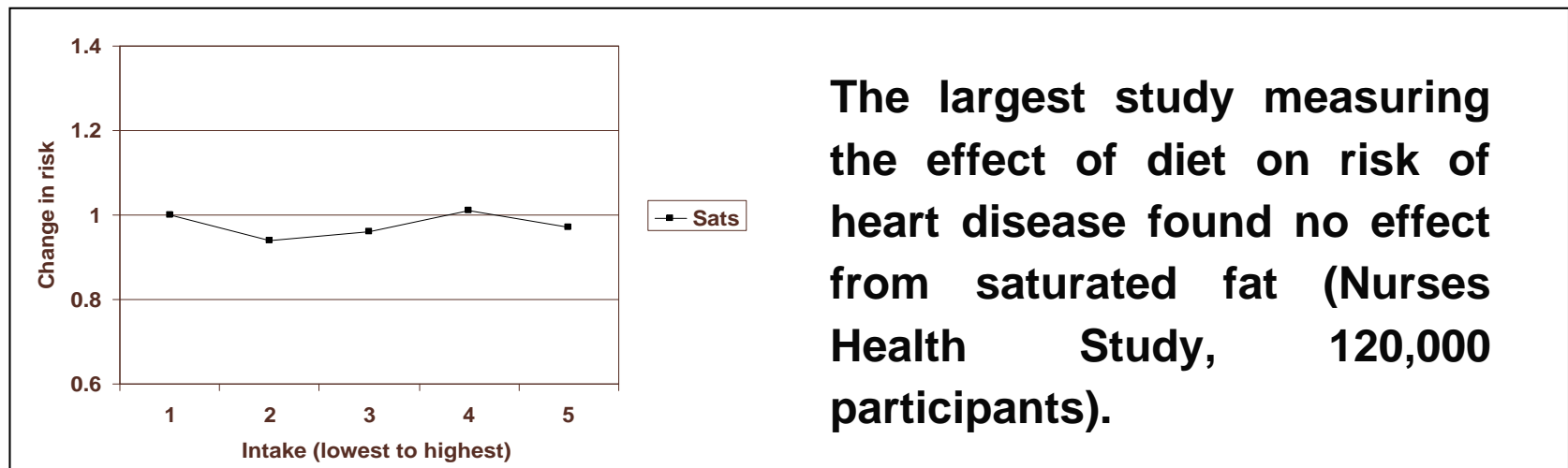
- Discovered in 1977, HDL decreases risk of heart disease. It has an equal but opposite effect to LDL cholesterol.

The best indicator of risk of heart disease is LDL:HDL ratio



Saturated fat and risk of heart disease

- **Saturated fat raises HDL cholesterol more than anything else in the diet.**
This largely cancels out the effect of increased LDL.
- **Saturated fat “doesn’t really do anything” to risk of heart disease.**





How do Saturates Compare with Other Foods?

- **Consuming saturated fat has little effect on our risk of heart disease**
- **Humans make saturated fat as it plays an important role in the normal functioning of the body.**

Essential Dietary Habits for CVD Health

1. Seafood / n-3 fatty acids
2. No Trans Fat
3. Whole Grains
4. Fruits, Vegetables
5. Unsaturated Fats
6. Legumes, Nuts
7. Low Saturated Fat (men)
8. Smaller Portion Sizes
9. Rare Sweetened Drinks

Harvard School of Public Health scientists determined which food components have the biggest effect on heart disease.

Saturates have no effect in women and little effect in men.