The need for change bulldozed a road down the center of my mind.

Maya Angelou (1928–)

Swapping Bad Fats for Good Health

- Americans have been on the “all fats are bad” diet for the past decade.
- We have reduced all forms of dietary fats and this may have been a mistake.
Fat Increases while Fat Decreases

- During the past 40 years the percent of calories from fat has declined while the percent of body fat of most Americans has increased.
- These two events may be connected. We’ve been eating less fat, but we are gaining more weight than ever.

Changes in Dietary Fat and Body Fat

The solid line is dietary fat, the dotted line is body fat

Saturated Fat

- Saturated fats have all the hydrogen atoms they can hold.
- Just about any plant or animal product that has fat in it has some saturated fat.
- Saturated fats generally come from animals and animal products and are solid at room temperature.
- Saturated fat raises blood cholesterol, which increases the risk of heart disease and stroke.
- Decrease good cholesterol.
- Increase bad cholesterol.
The Culprit & The Cure
Chapter 7: Swapping Bad Fats for Good Health

Saturated Fat
- Cheese
- Whole milk
- Dark chocolate
- Butter
- Ice cream
- Fatty meats
- Coconut milk
- Lard

Monounsaturated Fat
- These fats are really oils.
- They are liquid at room temperature but get more solid when they are stored in the refrigerator.
- When substituted for saturated fat in a person’s diet, monounsaturated fats appear to lower blood cholesterol.
- Increase good cholesterol
- Decrease bad cholesterol

Monounsaturated Fat
- Olive oil
- Canola oil
- Peanut butter
- Almonds
- Nuts
- Avocado
- Sesame seeds
- Pumpkin seeds
Just What is CANOLA?
It comes from the Rapeseed plant.

Canola was developed in Canada and its name is a contraction of "Canadian oil, low acid". 

©2006 Wellness Council of America
Canola Oil...
- In India, it is grown on 13% of cropped land.
- Rapeseed is the third leading source of vegetable oil in the world.
- Rapeseed is the world's second leading source of protein meal.
- It's a good source of poly and monounsaturated fats.

Polyunsaturated Fat
- They are liquid both at room temperature and when kept in the refrigerator.
- For some reason, polyunsaturated fats actually help lower total blood cholesterol and are heart healthy.
- Increase good cholesterol.
- Decrease bad cholesterol.
- Lower total cholesterol.

Polyunsaturated Fat
- Safflower oil
- Corn oil
- Sunflower oil
- Soybean oil
- Fish oil
- Walnuts
Trans Fat
- These polyunsaturated fats are altered in a process called hydrogenation. Healthy vegetable oils are heated to about 400 degrees and hydrogen gas and a metal catalyst are added.
- It is used to fry food over and over again without going rancid.
- Decrease good cholesterol.
- Increase bad cholesterol.

Trans Fat
- Margarine
- Vegetable shortening
- Any deep fried foods
- French fries
- Most bakery goods
- Anything with shortening or partially hydrogenated vegetable oil in the ingredients

Where Are The Trans Fats In Your Diet?
# Chapter 7: Swapping Bad Fats for Good Health

## Bakery Products

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon bun, Entenmann's</td>
<td>1.6</td>
</tr>
<tr>
<td>Pie – 1/8 pie</td>
<td>4</td>
</tr>
<tr>
<td>Frosted cake, 1 slice</td>
<td>3</td>
</tr>
<tr>
<td>Large chocolate chip cookies</td>
<td>1.5</td>
</tr>
<tr>
<td>Muffin, 3 oz.</td>
<td>3</td>
</tr>
<tr>
<td>Pound cake, 1 slice</td>
<td>3</td>
</tr>
<tr>
<td>Donuts</td>
<td>3</td>
</tr>
<tr>
<td>Pound cake, fat free, 1 slice</td>
<td>0.2</td>
</tr>
</tbody>
</table>

## Breakfast Bars and Cereals

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pop tarts</td>
<td>1</td>
</tr>
<tr>
<td>Granola bars, chewy, chocolate chip</td>
<td>1</td>
</tr>
</tbody>
</table>

## Margarines, Dressings & Spreads

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable shortening, 2 Tbsp</td>
<td>7-9</td>
</tr>
<tr>
<td>Margarine, stick</td>
<td>5-8</td>
</tr>
<tr>
<td>Margarine, tub</td>
<td>1-4</td>
</tr>
<tr>
<td>Ranch dressing</td>
<td>2</td>
</tr>
</tbody>
</table>

## Crackers

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese cracker sandwiches (about 6)</td>
<td>3</td>
</tr>
<tr>
<td>Snack crackers (about 6 crackers)</td>
<td>3</td>
</tr>
<tr>
<td>Peanut butter cracker sandwiches (6)</td>
<td>1</td>
</tr>
<tr>
<td>Saltine type crackers (about 6)</td>
<td>1</td>
</tr>
</tbody>
</table>
# Chapter 7: Swapping Bad Fats for Good Health

## Breads, Rolls & Taco Shells

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taco Shells, baked, 3 oz</td>
<td>8</td>
</tr>
<tr>
<td>White flour buns, 1 bun/roll</td>
<td>1</td>
</tr>
<tr>
<td>White or wheat bread, 2 slices</td>
<td>0.2-0.6</td>
</tr>
<tr>
<td>Dinner roll, 1</td>
<td>0</td>
</tr>
</tbody>
</table>

## Chips, Popped Corn & Candy

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microwave popped corn, 3.5 oz bag</td>
<td>9</td>
</tr>
<tr>
<td>Candy, 3 oz</td>
<td>7</td>
</tr>
<tr>
<td>Tortilla chips, 3 oz</td>
<td>4</td>
</tr>
<tr>
<td>Microwave popped corn, low fat, 1 bag</td>
<td>4</td>
</tr>
<tr>
<td>Potato chips, 3 oz</td>
<td>2</td>
</tr>
</tbody>
</table>

## Pot Pies

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marie Callender's chicken pot pie</td>
<td>16</td>
</tr>
<tr>
<td>Pepperidge Farm, chicken pot pie</td>
<td>13</td>
</tr>
</tbody>
</table>

## Processed Oven Ready Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>French fries, 3 oz</td>
<td>4</td>
</tr>
<tr>
<td>Gorton's Fish Sticks, 3 oz</td>
<td>3</td>
</tr>
<tr>
<td>Turkey breast, 3 oz</td>
<td>0</td>
</tr>
</tbody>
</table>
All Fats Together

- Nurses health study (n=80,000).
- Looked at cardiovascular disease.
- No difference in disease when high-fat diets were compared to low-fat diets.
- Bad fats cancelled out the effects of good fats.

Type of Fat and Risk of Coronary Heart Disease

- 24 different studies evaluated trans fats. All but three showed that trans fats increased heart disease risk.
- Denmark has removed all trans fats from the food supply.
- The US has changed a few labels.
Studies of Good Fats

Searching the World for Healthy People

- The Mediterranean Diet
  - Nuts, breads, pastas, beans, fruits and vegetables, some fish, poultry, dairy foods, meat, eggs, wine and few sweets.
  - Olive oil was the primary source of fat

Lyon Diet Heart Study

- 4 year study compared a Mediterranean and American Heart Association Diet in people with heart disease.
- 600 men and women.
- Study stopped after 2.5 years.
- 70% reduction in death from all causes.
Fish Oils
- 19 studies on fish oils.
- 15% reduction in heart disease risk and death.
- These oils help maintain a regular heart beat and prevent blood clotting.

Good Fats
- Both poly and monounsaturated fats can improve cholesterol and reduce cardiovascular disease risk and death.

Bad Fats (Saturated Fat)
- It is impossible to avoid saturated fat completely.
- Greater risk for heart disease, stroke, diabetes, breast cancer and maybe colon and prostate cancers.
- May be one of the causes of Alzheimer’s disease and appears possibly to be associated with schizophrenia.
The Culprit & The Cure
Chapter 7: Swapping Bad Fats for Good Health

The Recommendation...
- In general, women should eat no more than 20 grams of saturated fat per day and men should eat less than 25 grams.

Bad Fats (Trans Fat)
- Of all the calories Americans eat, just about 3% come from trans fats.
- Of all the trans fats in our diets, half come from cakes, cookies, crackers, pies, and bread. The rest come from animal products, margarine, fried potatoes, potato chips, corn chips, popcorn, shortening, salad dressing, breakfast cereal, and candy.
- Trans fats are 10Xs worse than saturated fats.
The Culprit & The Cure
Chapter 7: Swapping Bad Fats for Good Health

Ingredients: Enriched bleached wheat flour contains bleached wheat flour, reduced fat calcium milk, riboflavin, folic acid, sucrose, vegetable shortening (partially hydrogenated soybean oil), water, sugar, dextrose, vegetable shortening (partially hydrogenated soybean and/or cottonseed oil), salt, sodium bicarbonate, calcium carbonate, calcium propionate (to retain freshness), cellulose gum, natural and artificial flavors, lecithin, calcium propionate, yeast, flour, soy flour, eggs, vital wheat gluten, yeast, nonfat milk, yeast nutrients, calcium sulfate, ammonium sulfate, dough conditioners (calcium carbonate, potassium carbonate, potassium silicate, sodium salts of sulfuric, carbonic, and phosphoric acids), microbial enzymes, and BHT (to help protect flavor).

Trans Fats...

- The consumption of trans fats was positively associated with a 25% increase in heart disease risk.
- The minimum amount of trans fats a person can consume and not increase risk is zero.

Butter

- Serving Size: 1 Tbsp (14g)
- Serving per Container: 22

Margarine

- Serving Size: 1 Tbsp (14g)
- Serving per Container: 25

Margarine (tub)

- Serving Size: 1 Tbsp (14g)
- Serving per Container: 22
Fast Food Companies Are Off The Hook

Fast food companies do not have to report nutrition information, so few will stop using trans fats.
Of all the calories we consume per day, about 3% come from trans fats.

Current US Diet

- Carbohydrates: 52%
- Protein: 14%
- Trans fats: 3%
- Saturated fat: 13%
- Poly and mono fats: 10%
- Fat: 39%

Substitute Bad Fats for Good

- Reduce the amount of saturated fat in your diet by 5% of total calories and increase the unsaturated portion by the same amount. You will reduce your chances of heart attack and death by 40%.
Substitute Bad Fats for Good
➢ Substituted just 2% of total calories from trans fats with the same amount of good fats, you could reduce your risk by 50%.
➢ This will prevent 30,000-100,000 heart disease deaths per year.

The Culprit & The Cure
➢ This book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.
➢ www.welcoa.org

Points to Remember:
➢ The “all-fats-are-bad” approach to eating may be like throwing out the baby with the bath water.
➢ There are both good and bad fats; the best are fats from plants and nuts and the worst are saturated and trans fats.
➢ Americans are eating less fat, but getting more calories.
➢ Eliminate trans fats from your diet and try adding more healthy fats.
➢ Use the new food labels; they will help you avoid trans fats.