Blog – March 2014

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| [**HEALTHY FOODS... WHAT'S THE TRUTH?**](http://www.fatisourfriend.com/blog/healthy-foods-whats-the-truth)3/23/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/healthy-foods-whats-the-truth#comments) PictureRead this article from today's Sunday Observer in the UK to get more information on how we got to where we are and why the medical community is still in denial. Here are the first few lines:Eggs and red meat have both been on the nutritional hit list – but after a major study last week dismissed a link between fats and heart disease, is it time for a complete rethink?'The evidence that appears to implicate red meat does not separate well-reared, unprocessed meat from its factory farmed, heavily processed equivalent.' Photograph: Mike Kemp/Getty Images/RubberballCould eating too much margarine be bad for your critical faculties? The "experts" who so confidently advised us to replace saturated fats, such as butter, with polyunsaturated spreads, people who presumably practise what they preach, have suddenly come over all uncertain and seem to be struggling through a mental fog to reformulate their script.Last week it fell to [a floundering professor, Jeremy Pearson](http://www.bbc.co.uk/news/health-26611861), from the British Heart Foundation to explain why it still adheres to the [nutrition](http://www.theguardian.com/lifeandstyle/nutrition) establishment's anti-saturated fat doctrine when evidence [is stacking up to refute it](http://www.theguardian.com/lifeandstyle/2013/oct/22/butter-cheese-saturated-fat-heart-specialist). After examining 72 academic studies involving more than 600,000 participants, the study, funded by the foundation, found that [saturated fat consumption was not associated with coronary disease risk](http://www.science20.com/news_articles/do_saturated_fats_really_cause_heart_disease-131862). This assessment echoed a review in 2010 that concluded "there is no convincing evidence that saturated fat causes heart disease".More at:http://www.theguardian.com/lifeandstyle/2014/mar/23/everything-you-know-about-unhealthy-foods-is-wrong?guni=Keyword:news-grid main-1 Main trailblock:Editable trailblock - [news:Position1:anchor](http://www.theguardian.com/lifeandstyle/2014/mar/23/everything-you-know-about-unhealthy-foods-is-wrong?guni=Keyword:news-grid%20main-1%20Main%20trailblock:Editable%20trailblock%20-%20news:Position1:anchor%20image) image[0 Comments](http://www.fatisourfriend.com/blog/healthy-foods-whats-the-truth#comments)[**SATURATED FATS ARE NOT UNHEALTHY**](http://www.fatisourfriend.com/blog/saturated-fats-are-not-unhealthy)3/21/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/saturated-fats-are-not-unhealthy#comments) PictureThis photo comes from an Australian cantine, but it could have come from many other locations around the world. I'm sure that messages like this one were done in a well meaning way; they are just not supported by any recent research. After so many years of the 'fat is bad for you' message, it's only too easy to mislead with pictures and headlines which place all unhealthy trans-fats and healthy saturated fats in the same basket.In a first, even the British National Health Service is reflecting this opinion on its website. As they put it:"Nutritional guidelines generally encourage low consumption of saturated fats, found in butter, cream, cheese and fatty cuts of meat, as **these were thought to be linked to increased cholesterol in the blood and an increased risk of heart disease**. This latest study finds that the evidence for these guidelines may not be definitive."That being said, they are still being cagey: "... Until the picture becomes clearer, it is recommended people stick to the [current UK guidelines on fat consumption](http://www.nhs.uk/livewell/goodfood/pages/fat.aspx)."Oh well, one step forewords and a half-step back is still progress. isn't it?**What the NHS has to sat about trans fats -"the villains" as they call them**The researchers did find a significant association between the consumption of trans fats and increased risk of heart disease (although no association was seen in studies where levels of trans fats in the blood were measured, rather than assessed through dietary intake). Trans fats can be formed when oil goes through a process called hydrogenation, which makes the oil more solid (known as hardening). This type of fat, known as hydrogenated fat, can be used for frying or as an ingredient in processed foods.Trans fats can be found in some processed foods such as biscuits and cakes, to help give products a longer shelf life. If you are concerned about trans fats, avoid buying goods that list partially hydrogenated fat or oil on the label.[0 Comments](http://www.fatisourfriend.com/blog/saturated-fats-are-not-unhealthy#comments)[**FULL ENGLISH CAN BE PROBLEMATIC!**](http://www.fatisourfriend.com/blog/full-english-can-be-problematic)3/21/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/full-english-can-be-problematic#comments) PictureOh so healthy... if you skip the bread and potatoesYesterday, I went to my local cafe and ordered a full English breakfast.It was an eye-opener. What should have been the perfect low-carb start to the day was in fact a high carb bombshell. The price... £7.50, so not cheap at all. The contents:On the healthier side... One poached egg, two sausages, half a grilled tomato, two rashers of bacon. Somewhere in the middle... A generous portion of baked beans.On the carb side... A large portion of bubble & squeak (fried mashed potato and cabbage for those not in the know); one piece of fried bread; and on the side, two pieces of buttered toast with a plastic covered mini-portion of marmalade.Bearing in mind that the carb content of the sausages was probably over 10% and the beans were on the sweeter side, this was not a good start to the day. Just for the record, I skipped the toast and the fried bread but tried some of the 'bubble' and I have to admit - it was delicious... Lots of butter I suspect and maybe about 10% cabbage so slightly lower carb than first impressions!SoHere are some guidelines if you want to construct your own low-carb breakfast:

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| 2 slices bacon (50gm): 4 gm fat, 11 gm protein, no carbs1 Wall’s brand sausage (50 gm): 9 gm fat, 6 gm protein, 6 gm carbs (lower in carbs if it's all meat of course)1 large fried egg (50 gm):  7 gm fat, 6 gm protein, no carbs1 portion mushrooms (100 gm): 1 gm fat, 4gm protein, 4 gm carbFried Tomato (100gm): 1 gm fat, 1 gm protein, 4gm carbsBaked beans (100gm portion): 5 gm fat, 5 gm protein, 15 gm carbsBread (1 slice): 1 gm fat, 3 gm protein, 13 gm carbsFried potatoes (hash-browns) (100 gm):  13 gm fat, 3 gm protein, 32 gm carbs | PicturePicture |

[0 Comments](http://www.fatisourfriend.com/blog/full-english-can-be-problematic#comments)[**MORE EVIDENCE TO SWITCH BACK TO BUTTER**](http://www.fatisourfriend.com/blog/more-evidence-to-switch-back-to-butter)3/18/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/more-evidence-to-switch-back-to-butter#comments) PictureWe like to paint thinks in black and white terms. Journalists love to accentuate arguments one way or the other to establish contrast and help us form opinions more easily. It’s a cultural thing… good and evil, happy and sad etc.And for over forty years saturated fat — found in in meat, cheese and other full-fat dairy products — has been one of our top nutritional demons (also in coconuts for example which got them into trouble!).Most countries dietary guidelines urge us to limit consumption due to concerns that saturated fat raises the risk of heart disease. But after decades of research, a growing number of experts is questioning this link.The authors of a new meta-analysis published in the Annals of Internal Medicine show that there's insufficient evidence to support the long-standing recommendations to consume saturated fat in very low amounts.If you carry out a Google search for saturated fat, you’ll get a mix of official views such as:[Saturated fats - National Heart Foundation](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=7&cad=rja&uact=8&ved=0CFoQFjAG&url=http%3A%2F%2Fwww.heartfoundation.org.au%2Fhealthy-eating%2Ffats%2FPages%2Fsaturated-fats.aspx&ei=2_AnU-H2BYrO0wW0noGADg&usg=AFQjCNFnRe45ZhkLdEC89TAaTW4f9Id0_A&sig2=qSjg3K8JImUEW8YkQ0qkPw&bvm=bv.62922401,d.d2k) (Australia)How to reduce saturated fat intake. Saturated fats are found in foods such as fat on meat, chicken skin, full fat dairy products, butter and ...Or[Saturated Fats - British Heart Foundation](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=8&cad=rja&uact=8&ved=0CGMQFjAH&url=http%3A%2F%2Fwww.bhf.org.uk%2Fheart-health%2Fprevention%2Fhealthy-eating%2Ffats-explained.aspx&ei=2_AnU-H2BYrO0wW0noGADg&usg=AFQjCNE4qmD7YE2XQ_2rfWthkuDfJRcScg&sig2=jay3ly2pLioWkfri1dJsrw&bvm=bv.62922401,d.d2k)Trans fats occur naturally in small amounts in dairy foods and meat, however it is the industrially produced trans fats which have a similar effect to saturated fat, ...Or[Dietary fats: Know which types to choose - Mayo Clinic](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=9&cad=rja&uact=8&ved=0CGsQFjAI&url=http%3A%2F%2Fwww.mayoclinic.org%2Fhealthy-living%2Fnutrition-and-healthy-eating%2Fin-depth%2Ffat%2Fart-20045550&ei=2_AnU-H2BYrO0wW0noGADg&usg=AFQjCNHde1-Lch9AXDWzzLYDWux754pi_g&sig2=AaRQssYLs0hSEPToJxKxuw&bvm=bv.62922401,d.d2k)‎Find out which kind of dietary fat to avoid and which to choose for good health. ... When choosing fats, pick unsaturated fat over saturated or trans fat. Here's how ...Or[Eat less saturated fat - Live Well - NHS Choices](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=11&cad=rja&uact=8&ved=0CHwQFjAK&url=http%3A%2F%2Fwww.nhs.uk%2FLivewell%2FGoodfood%2FPages%2FEat-less-saturated-fat.aspx&ei=2_AnU-H2BYrO0wW0noGADg&usg=AFQjCNH7wqogMDwMstYoTifYzYGy5flUKA&sig2=xH5UNGIEz_mvCbYzg1kOug&bvm=bv.62922401,d.d2k)Eating a diet that is high in saturated fat can raise the level of cholesterol in the blood. Having high cholesterol increases the risk of heart disease.But it looks as if they may be wrong on all counts; wrong on the evils of eating dairy and meat products; particularly wrong regarding the pretty much debunked connection between cholesterol levels and heart disease.Every now and then, a piece of research is published which tries to put together all available information from previous research papers and come to a kind of master result. Today is one of those days and the report from the respected Annals of Internal Medicine features just such a piece of ‘master’ Research. The major findings are summed up by Britains’s Daily Mail in this way: “Guidelines urging people to avoid ‘unhealthy’ fat to stave off heart disease are wrong, according to a major study. After decades of advice on the harm done by saturated fat such as butter, scientists have found no evidence of a link with heart problems.And it really is a big study. The medical research team conducted a ‘meta-analysis’ of data from 72 studies involving 600,000 participants in 18 countries. Such a technique can reveal trends that may be masked in individual small studies but become obvious when they are amalgamated.**Key Findings**The key finding was that total saturated fat, whether measured in the diet or the bloodstream, showed no association with heart disease. The study fails to ‘yield clearly supportive evidence for ... guidelines that encourage high consumption of polyunsaturated fatty acids and low consumption of saturated fats’.It’s more or less 40 years since the first guidelines were published advising us to reduce intake of saturated fats such as those found in dairy products and meat. So it’s not surprising that in spite of this study’s results, nothing is liely to change. There are simply too many vested interests in maintaining the status quo. Today’s boom in low-fat high carb processed foods has made a lot of food and drug manufacturers very rich. Add to this that this mega research also showed that popping vitamin pills and nutritional supplements has no proven benefit. So as to those first official responses?Professor Jeremy Pearson, associate medical director at the British Heart Foundation which co-funded the study, said: “This analysis of existing data suggests there isn’t enough evidence to say that a diet rich in polyunsaturated fats but low in saturated fats reduces the risk of cardiovascular disease. But large-scale clinical studies are needed, as these researchers recommend, before making a conclusive judgment.”He goes on: "This research is not saying that you can eat as much fat as you like. Too much fat is bad for you.” (just for the record, this is not in any way supported by the study - MM). "But, sadly, this analysis suggests there isn't enough evidence to say that a diet rich in polyunsaturated fats but low in saturated fats reduces the risk of cardiovascular disease.(why ‘sadly’? - MM)"Alongside taking any necessary medication, the best way to stay heart healthy is to stop smoking, stay active, and ensure our whole diet is healthy - and this means considering not only the fats in our diet but also our intake of salt, sugar and fruit and vegetables." (no-one can disagree here! – MM)The industry-backed Health Supplements Information Service said that while the study showed only a modest protective effect of omega-3 fats, the trials involving omega-3 supplements nearly all involved non-healthy participants, which was likely to give misleading results.**In summary**So no change and… more research needed! When will we wake up to the fact that our current eating guidelines are plain wrong? As London cardiologist Dr Aseem Malhotra told the British Medical Journal recently: “Our over-consumption of processed food is what is driving much of the increasing burden of chronic disease currently plaguing the Western world. Poor diet is responsible for more disease than physical inactivity, alcohol and smoking combined.”[0 Comments](http://www.fatisourfriend.com/blog/more-evidence-to-switch-back-to-butter#comments)[**ARE THE BIRDS TRYING TO TELL US SOMETHING?**](http://www.fatisourfriend.com/blog/are-the-birds-trying-to-tell-us-something)3/14/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/are-the-birds-trying-to-tell-us-something#comments) PictureIn winter, many of us put seeds and nuts out for the garden birds, although like us humans, birds are natural omnivores. In everyday life, they also get a healthy dose of protein from the various worms and insects that they eat. Our winter blend of seeds and nuts gives them a good mix of proteins and fats yet when (or should I say if) we choose to force-feed birds such as ducks and geese, what do we feed them with then?OK; you'd never force-feed an animal but, commercial 'force-feeding' is a reality. It is usually done to get animals to full-size quicker or, in its more extreme form with ducks and geese, to increase the size of their livers and as a result, provide rich customers around the world with their beloved paté de foie gras (literally, paté of fatty liver). **So what's the secret of this bird-fattening diet?**Well, if you belong to the legions of people who have been trained by government information systems and well-meaning doctors over the last 40-50 years to think that eating fatty foods makes us fat, then you'd probably think that these ducks and geese get big doses of lard to eat... or something similar. But you'd be quite wrong. They are given huge doses of carbohydrates, mostly in the form of wheat and corn grain. Just like with us humans, this makes the birds obese and leads to their grotesquely large livers According to a recent article in the Washington Post, "The birds’ livers, which become engorged from a carbohydrate-rich diet, can grow to be more than 10 times their normal size (a disease called hepatic steatosis)".  Perhaps even more seriously, "The mortality rate of birds raised for foie gras has been found to be as much as 20 times higher than that of birds raised normally".**Should we be concerned?**So if eating large quantities of carbohydrates does this to geese and ducks, should we be concerned that the proportion of carbs in our diets has steadily risen over the last 40 years from 45% to over 50% for most Americans (and presumably for many others around the world too). It’s almost 20 years since The American National Center for Biotechnology Information published a report showing that turkeys fattened up on an all-grain diet were found to have brains that had failed to grow normally: The all-grain turkey brains weighed in at slightly over two-thirds the weight of the brains of turkeys in the wild - turkeys with full access to the bugs, worms, and small lizards typical of their natural omnivorous diet. Can an ‘unnatural’, all-grain diet really gobble up nearly a third of a turkey’s total brain mass? And, do these omnivores have something to teach us about the health of other omnivores, like humans, placed on an unnatural low-protein, low-fat diet?**Is our own brain health put at risk by sticking to a low-fat, high-carbohydrate diet?**According to Dr Cate Shanahan, author of Deep Nutrition, people are placing their health at some peril when they choose to deprive their bodies of the full spectrum of natural proteins and fats. Our brains are made up of around 60% fat (yes really; and that's around about one kilo!), and she reminds us that about a quarter of that weight is made up of cholesterol; so although as a doctor, she is careful to express herself in a non-confrontational way, she believes that many people find themselves dealing with memory deficit, mental fog or depression because of our low-fat way of life. Let's get back to turkeys which, when raised humanely, are more expensive but naturally healthier. Dr Cate sums up her thoughts by putting them into a well-known American context: “A traditionally-cooked, lovingly prepared Thanksgiving dinner (with a good glass of wine) is one of the most soulful and healthful things we do all year. Should we embrace it, or feel guilty about it? As far as this doctor is concerned, that’s a no-brainer.”Full turkey study report at: http://www.ncbi.nlm.nih.gov/pubmed/7615926Read more on foie gras production at: [www.peta.org/issues/animals-used-for-food/animals-used-food-factsheets/pain-behind-foie-gras/#ixzz2vvKuwfHq](http://www.peta.org/issues/animals-used-for-food/animals-used-food-factsheets/pain-behind-foie-gras/#ixzz2vvKuwfHq)More on Dr Cate Shanahan's recommendations at: http://drcate.com/deep-nutrition-mae-simple/[0 Comments](http://www.fatisourfriend.com/blog/are-the-birds-trying-to-tell-us-something#comments)[**THE WORST PART OF A HAMBURGER IS THE BUN**](http://www.fatisourfriend.com/blog/the-worst-part-of-a-hamburger-is-the-bun)3/11/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/the-worst-part-of-a-hamburger-is-the-bun#comments) Picture.. at least so says Dr William Davis, the renowned cardiologist and author of Wheat Belly. Whereas conventional wisdom still tells us that the fatty burger is the major culprit, Dr Davis believes that the wheat is making us fat and that for many of us, it is slowly poisoning our bodies. Is he right? We take a look at a giant whopper.Eat one of these burgers and you'll have taken in 678 calories, and using the published fat, protein and carbohydrate levels, you'll find 30% fat, 25% protein and 45% carbs. So I guess he's right; at least we can see that it's the bulkiest part of the burger! Watch this short video if you want to get an introduction to his thoughts with the help of Dr.Oz: www.youtube.com/watch?v=4lnpjVLI2fUOne way to drop the carbs is by simply replacing the burger and its toppings with a lettuce leaf! You'll be surprised that you still feel full because it's been shown that the amount of fat in something that you eat contributes over-proportionately to your level of hungriness. It's also been shown that eating wheat based products (such as the bun) is mildly addictive, so no wonder that you feel better and you're less hungry if you drop the bun! Go for the fries if you must but... skip the bun![0 Comments](http://www.fatisourfriend.com/blog/the-worst-part-of-a-hamburger-is-the-bun#comments)[**WHY WE SHOULD NOT EAT WHEAT**](http://www.fatisourfriend.com/blog/why-we-should-not-eat-wheat)3/11/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/why-we-should-not-eat-wheat#comments) PicturePhoto of Dr Davis from fatburningman.comMost foods in their original form are recognisable as being edible, be they shellfish, berries, nuts, root vegetables and many more, but some things according to Dr William Davis, author of Wheat Belly simply don’t belong. He argues persuasively that grasses from the family Poaceae (and hence most cereal crops) are fundamentally alien to our digestive systems. Just as we humans cannot eat grass - although cows can convert it into milk for our eventual consumption - wheat in particular is to a great extent indigestible. Wheat is made attractive to the eyes and the nose in the form of bread or sugar coated cereals  but our stomachs struggle. He gets technical… and speaks of undigested proteins or peptide fragments, increased intestinal permeability and toxicity and many other factors leading at the least to stomach and bowel problems and at worst to autoimmune issues and cancer.Additionally, the digestible component of wheat and the seeds of other grasses, the amylopectin A carbohydrate, is highly susceptible to digestion by saliva and stomach enzymes, explaining why just two slices of whole wheat bread raise blood sugar levels higher than six teaspoons of table sugar. According to Dr Davis, the reason that there are so many problems with wheat and grains is that they never belonged in the human diet in the first place. He calls this a 10,000-year long mistake which began in desperation when we ran low on real foods and turned to the wild fields of grasses and began harvesting their seeds. But today, this food of desperation is the food celebrated by most official agencies from government bodies to diabetes associations around the world.His radical views contradict conventional wisdom but after reading his book and personally dropping wheat from my diet, my digestion has never been better!Much more from Dr William Davis at his blog: http://www.wheatbellyblog.com/[0 Comments](http://www.fatisourfriend.com/blog/why-we-should-not-eat-wheat#comments)[**“WE NEED A PUBLIC HEALTH CAMPAIGN; WE GOT IT WRONG”**](http://www.fatisourfriend.com/blog/we-need-a-public-health-campaign-we-got-it-wrong)3/11/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/we-need-a-public-health-campaign-we-got-it-wrong#comments) PictureFoods to avoid; sugar and processed carbsToronto Sun, March 10 2014 (also in many other newspapers and on-line journals)After years of advice that healthy eating requires a reduction in high-fat-food consumption, with foods like butter, cream and chocolate deemed the worst offenders, a leading heart scientist has warned that the UK's National Health Service guidelines must be urgently revised. Dr. James DiNicolantonio insists that diets which restrict saturated fat intake do not lower cholesterol, prevent heart disease or aid in lengthening life spans. Dr. DiNicolantonio is so worried about what he brands a misinterpretation of "flawed data" that he has called for a new public health campaign to admit "we got it wrong."Sugar and carbohydrates are what Dr. DiNicolantonio identifies as the real offenders when it comes to raising cholesterol and fuelling the country's obesity epidemic. He said, "A public health campaign is drastically needed to educate on the harms of a diet high in carbohydrates and sugar. There is no conclusive proof that a low-fat diet has a positive effect on health. Indeed the literature indicates a general lack of any effect, good or bad, from a reduction in fat intake.A change in recommendation is drastically needed as public health could be at risk. We need a public health campaign as strong as the one we had in the '70s and '80s demonising saturated fats, to say that we got it wrong." The heart expert points out that the warnings against saturated fats date back to the 1950s when research suggested a correlation between a high intake of fatty food and deaths from heart disease. But the study's author drew conclusions from six countries choosing to ignore a further sixteen which did not bolster his hypothesis.DiNicolantonio adds, "It seemingly led us down the wrong 'dietary road' for decades to follow. This stemmed from the belief that since saturated fats increase total cholesterol (a flawed theory to begin with) they must increase the risk of heart disease." Robert Gordon University nutrition professor Brian Ratcliffe says, "For the last three decades, accumulating evidence has not provided strong support for the dietary recommendation regarding reducing fat and saturated fat intake. DiNicolantonio does not even touch on the evidence which suggests that low-fat diets (admittedly lower than the current recommendations) have been associated with poor mood and even depression. Many who adhere to dietary dogma have chosen to ignore the uncomfortable facts that do not fit the hypothesis."

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| Picture | **Do you eat a low-fat diet?**When asked this question, the 2,655 readers who had responded on March 11th still showed a slight preference for trying to eat a low-fat diet. It will take a lot of publicity over many years if that's going to change. |

[0 Comments](http://www.fatisourfriend.com/blog/we-need-a-public-health-campaign-we-got-it-wrong#comments)[**PHYSICIANS DEFEND LOW CARB DIETS: SUGAR IS THE ENEMY IN WEIGHT LOSS WARS**](http://www.fatisourfriend.com/blog/physicians-defend-low-carb-diets-sugar-is-the-enemy-in-weight-loss-wars)3/10/2014[0 COMMENTS](http://www.fatisourfriend.com/blog/physicians-defend-low-carb-diets-sugar-is-the-enemy-in-weight-loss-wars#comments) There are two distinct diet armies gathering in the battle against obesity. One side, supported by the USDA food pyramid, argues for low-fat [diets](http://www.examiner.com/topic/diets) that contain grains, vegetables, fruit and moderate amounts of protein. The other side, backed by a growing number of physicians and nutrition experts, contends that low-carb diets high in fat and protein with moderate amounts of vegetables win for [weight loss](http://www.examiner.com/topic/weight-loss) and continued health. Now according to London’s Daily Telegraph, a leading heart scientist has joined the low-carb brigade, emphasizing that saturated fats are not the enemy (article dated March 6).“Low-fat diets neither reduce the risk of heart disease nor lower cholesterol”, says Dr. James DiNicolantonio of Ithica College, New York. Instead, speaking as a heart expert, he attacks carbohydrates and sugar as the major enemy in the war against weight gain. “A public health campaign is drastically needed to educate on the harms of a diet high in carbohydrate and sugar," declares DiNicolantonio.“There is no conclusive proof that a low-fat diet has a positive effect on health. Indeed the literature indicates a general lack of any effect, good or bad, from a reduction in fat intake. What does exist, he says, is evidence that eating too much sugar and starchy carbohydrates contributes to weight gain and accompanying conditions such as diabetes.”Agreeing with him: Chris Kresser, practitioner of integrative medicine says that refined cereal grains are one of the "major dietary toxins that trigger diabesity." In a recent blog, he notes their emphasis by many organizations:*The major cereal grains – wheat, corn, rice, barley, sorghum, oats, rye and millet – have become the staple crops of the modern human diet. They’ve also become the “poster children” of the low-fat, high-carbohydrate diet promoted by organizations like the American Heart Association (AHA) and American Diabetes Association (ADA).* And yet, says Chris, these grains produce toxins. He contends that "gluten damages the intestine and makes it leaky...A leaky gut is one of the major predisposing factors for diabetes and obesity."Neurologist Dr. David Perlmutter takes the argument against grains and sugar even further in his book: "[Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar - Your Brain's Silent Killers](http://www.amazon.com/gp/product/031623480X/ref%3Das_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=031623480X&linkCode=as2&tag=dotcom2000)." By eliminating all grains and sugar, you can lose weight easily and safely while protecting yourself against conditions ranging from diabetes to dementia to depression, says Perlmutter. His ideal diet resembles that of Chris: Paleo, with healthy fats, protein and vegetables dominating the plate.Also concurring in the argument for low carb diets and against sugar: Dr. Mark Hyman. After researching the impact of sugar on our waistlines and health for two decades, he's created a detox diet book intended to free dieters from their sugar addictions while achieving rapid weight loss: "[The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast](http://www.amazon.com/gp/product/0316230022/ref%3Das_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0316230022&linkCode=as2&tag=dotcom2000)."In an interview recently with the New York Daily News, Dr. Hyman declared:*“Sugar is the new nicotine. Sugar is the new fat — except fat is not addictive in the way that sugar is. And worse, sugar actually causes diabetes and obesity.”*These arguments are being made both in the United States and in the United Kingdom. In the latter, a group of physicians and health academics is demanding that food manufacturers reduce the level of sugar in processed foods by 30% to reduce disease and obesity.Dr. Malhotra, a cardiologist and also Science Director of Action on Sugar views sees a sea change in the view that saturated fat is to blame for obesity and heart disease. No evidence exists to support the anti-butter brigade, he contends. "The best evidence based diet for cardiovascular health is one based on the traditional Mediterranean diet consisting of oily fish, nuts, extra virgin olive oil and plenty of whole fruit and vegetables," according to Malhotra.And for those who feel that grains are healthy, he says that the high fat, high protein, low carb [ketogenic diet](http://www.examiner.com/topic/ketogenic-diet) provides for the "consumption of fats and protein (that) are essential for life. Refined carbohydrates are not." As a result, he has cut out white bread, pasta, potatoes, white rice and all forms of sugar from his own diet. Dr. Malhotra believes that many health professionals have "unfairly demonized saturated fat from non-processed foods."He recommends "butter, full fat cheese, full fat yogurt and eggs as part of a healthy diet in moderation."[0 Comments](http://www.fatisourfriend.com/blog/physicians-defend-low-carb-diets-sugar-is-the-enemy-in-weight-loss-wars#comments) |