

Dietary Fats Between Myth and Reality

Is saturated fat bad for your heart? Do you eat more saturated fats or trans ones? Is it worse to fry food in a butter or olive oil? Can you reduce your susceptibility towards cardiovascular diseases and obesity? These several questions that concerns at least most people and relate to them in one way or another.

Fats are one of the macronutrient and a basic dietary element for producing energy, maintaining normal growth and development, important for brain health and better satiety. There are three main types of dietary fats: saturated fats, unsaturated fats and trans fats (artificial hydrogenated oils); saturated fat derived from animal products as well as some plant sources such as red meat, Egg, coconut, butter and milk products, while omega-3, soy, olive oil, raw nuts, avocado are rich in unsaturated fats and hydrogenated fat found in fried food, fast food, baked goods and hydrogenated vegetable oils.

As we've been told for decades now saturated fat is the main cause of most even so if not all cardiovascular diseases, and hydrogenated oils good for health as once thought. Now the scientists are suggesting the opposite, actually saturated fat is not the enemy! YES you heard me right. Nemours studies have shown that saturated fat is not the cause of heart diseases; which puts to rest a decades of speculations and myths. In matter fact the actual villains in this crime is hydrogenated fat found to be responsible in increasing the susceptibilities of cardiovascular diseases.

Hydrogenated oil have become popular since the 1950's; because of it's properties to improve foods taste, texture and to increase the shelf life of processed dietary products. But at the same time these studies don't prove you can consume more saturated fat then what's already recommended (20 g per day for ladies and 30 g per day for men). So, is Saturated Fat good for you? Well the answer is moderation!

You should eliminate these foods from your daily diet (Rich in trans-fats):

- Fast-food
- Fried food
- Doughnuts
- Microwavable Popcorn
- Crackers
- Frosting
- Coffee Creamers

The American Food and Drug Administration already started to ban the use of artificial trans-fats in New York cities and planning on banning it all over the United States. Also several countries beside the states they start eliminating trans-fat from dietary products. The Saudi Food and Drug Administration should start consider banning trans-fat and even partially hydrogenated oils in processed foods, if the

Saudi's health is a priority to the Administration and I hope they will take serious actions soon enough.

If your health truly concerns you, then think about what you're putting into your mouth and start to choose better choices. Finally, You are what you eat; so choose wisely

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