

For your Health and Wellness!

Low fat diets could increase heart disease risk, say nutrition experts.

Many Americans aim to eat low fat foods but there is strong evidence that replacing fat with carbohydrates could be harmful to health, according to nutrition experts at the ADA conference in Boston.

Recommendations to reduce saturated fat intake are largely based on the notion that high levels increase risk of cardiovascular disease, but unless saturated fat is replaced with other fats (the good fats) many studies have suggested that fat reduction could increase risk of heart disease.

At a recent symposium and Expo, experts presented evidence suggesting that low-fat diets may be less healthy than those containing at least a moderate amount of fat. In particular the presenters agreed that replacing saturated fat with carbohydrates, as has been widely recommended in the United States is likely to raise the risk of cardiovascular disease.

There is actually a powerful relationship between carbohydrates and cholesterol. Carbohydrates increase triglycerides which allow more LDL to be produced in the liver. These LDL particles become plaque producing in the arteries. To make matters worse carbohydrates also make you fat.

Carbohydrates must be reduced yet the USDA, American Heart Association, and the Surgeon General's office all advise you to eat *more* carbohydrates. The American Diabetes Association advises you to eat 70 grams of carbohydrates per meal. Following their advice you would increase weight, triglycerides, and cholesterol. But wait! Don't you remember the food pyramid from the 1960s and 70s? Have we Americans gotten healthier? Have our waistlines expanded? Unequivocally, I can tell you that the food pyramid is wrong. We have become what we eat.

It seems that so much of medicine is based on myths and not the truth or what really makes sense. There is a growing body of studies that shows us that simple lifestyle changes such as proper diet and exercise are effective remedies for many common health problems. Many are 100% avoidable and treatable entirely without drugs.

Ready to get healthier? Dr. Caprile can give you more information.



Compliments of Dr. Robert Caprile, Chiropractor

181 Maple St. E. Longmeadow MA 01028 413-5256293

www.eastlongmeadowfamilychiropractic.com

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