

# The One Fat They Said Is Good Is Actually *Really Bad*

## Health Alert 286

Dear Subscriber,

**FAT.** Does the word send shivers down your spine? If it doesn't, you're on another planet. Created into a boogey-man by the food industry, they've been telling you how bad it is for you. And when you think of fat you think of cholesterol, right? For the past 20 years you've been running yourself ragged trying to avoid it. And in the process, heart disease rates have skyrocketed!

It's fat that makes food taste good. No problem, said the food industry. We'll just create a *fake* fat that has no cholesterol and put it in everything and tell people how good it is for them. And so, we got the Frankenstein monster of fat—known as **trans fat**.

The truth is that fats are more like Jekyll and Hyde. Some are good for you. And there's one that's really bad for you. Ironically, too, it's the one they said was good.

Read on. Today's Health Alert has vital information for your heart health. You'll learn what trans fats are and why they are so bad for you. I'll tell you what foods they're in so it'll be easier for you to avoid them. And I'll tell you what fats are *good* for you, too.

### \* The Single Worst Fat For Your Heart \*

There are 4 kinds of fats: monounsaturated, polyunsaturated, saturated and trans fat, also called hydrogenated or partially hydrogenated fat. Promoted as "low-fat," trans fat is the worst kind of fat—far worse than saturated fat. They make these man-made, unnatural fats by adding hydrogen to vegetable oil then put it under pressure. The result is a stiffer fat, like Crisco. The stiffer the fat, the more it clogs up your arteries.

Think about what bacon grease does to your kitchen sink. Trans fats do the same thing to *your* pipes. Over time, they clog your arteries which can lead to heart attack or stroke. Numerous studies prove trans fats increase your LDL (bad) cholesterol. Making matters worse, they *decrease* your HDL (good) cholesterol.<sup>1</sup> And good cholesterol cleans out your arteries. So trans fats leave your body defenseless.

You should also know that definitive research shows that it's not the amount of fat in your diet (whether high or low) that puts you at risk for disease. What matters is the *type* of fat you eat. Bad fat increases your risk of disease and good fat lowers your risk. And, dietary cholesterol isn't nearly the villain you've been told. Most of your cholesterol (about 75%), is made in your liver. Only about 25% is absorbed from food.<sup>2</sup>

The good news is that the FDA requires all food manufacturers to list trans fat amounts on product labels by January, 2006. But there are still foods that don't necessarily come with labels, like donuts and Danish pastry that are high in trans fats that you should avoid.

A lot of processed foods contain shortening, which you should avoid. Foods like cookies and cakes, breads, crackers, potato chips, pudding, pies, frozen foods, some salad dressings, "butter" flavor popcorn and fast food French fries—because they are cooked in trans fat. Even so-called

“healthy” foods like granola bars, high fiber cereals and multi-grain snack chips have trans fats lurking in them. You should also avoid margarine.

**\* Eat The *Good Fats* \***

“Low-fat” on the label probably means trans fat and you should avoid it. And there’s a double whammy with most processed foods. Manufacturers add more carbs to compensate for the loss of taste caused by removal of fat. And the added carbs are the worst kind—the refined, processed ones—that are a major cause of heart disease.

Natural fats are some of the healthiest foods you can eat. Get your fat from free-range or grass-fed animals, eggs, nuts and unprocessed vegetable oils, like olive oil.<sup>3</sup> And what about those soft-tub margarines labeled trans fat free? They are still man-made, unnatural fats. Eat butter instead.

To Your Good Health,  
Al Sears, MD

---

<sup>1</sup> Hwang, G, MD, Lee, D, MD, “Trans-fat: The latest and worst fat on the block,” *Continuing Medical Education*, Vol 27, No 2, Feb, 2005:49-54

<sup>2</sup> Harvard School of Public Health, “Fats & Cholesterol,” [www.hsph.harvard.edu/nutritionsource/fats.html](http://www.hsph.harvard.edu/nutritionsource/fats.html)

<sup>3</sup> Sears A, MD, *The Doctor’s Heart Cure*, p.100, Dragon Door Publications, Inc.

674 words    67.5 reading ease    6.8 grade level    0% passive sentences