

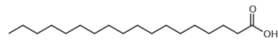
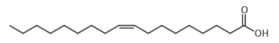


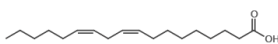
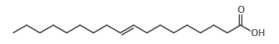


# The 2024 Daybreak Summer Nutrition Seminar Series

## Lesson 4- The Big Fat Surprise- Why we think saturated fat is bad for us!

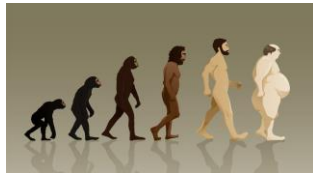
### Part 1- Introduction/The Rules of the Course/Our Current Health Model

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal" .... So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

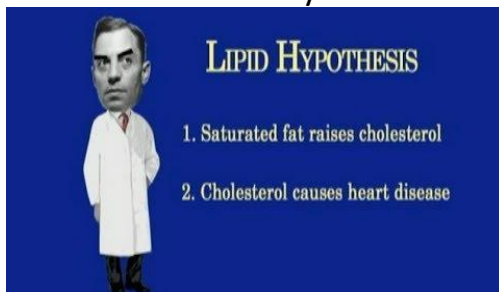
### Part 2- Types of fat and what is "saturated" fat?

SATURATED FATS	MONOUNSATURATED FATS
	
	
<p>Contain no carbon-carbon double bonds. Saturated fats are solids at room temperature. They increase levels of LDL in the bloodstream. They have previously been associated with heart disease, though more recent studies and reviews have called this association into question.</p>	<p>Contain one carbon-carbon double bond. They are liquids at room temperature, but solidify when chilled. They reduce levels of LDL in the bloodstream, thereby decreasing the total cholesterol to HDL ratio (HDL helps take cholesterol back to the liver where it can be disposed of).</p>
POLYUNSATURATED FATS	TRANS FATS
	
	
<p>Contain two or more carbon-carbon double bonds. They are liquids at room temperature, but they start to solidify when chilled. They are split into omega-3 and omega-6 fatty acids. Polyunsaturated fats help reduce LDL levels, decreasing the total cholesterol to HDL ratio.</p>	<p>Contain carbon-carbon double bonds in a trans rather than cis configuration. Formed artificially, via a process called hydrogenation; also found naturally in small amounts in meat and dairy products. They raise LDL, and are associated with heart disease. Many countries are phasing them out.</p>

### Part 3- How and when our diets changed

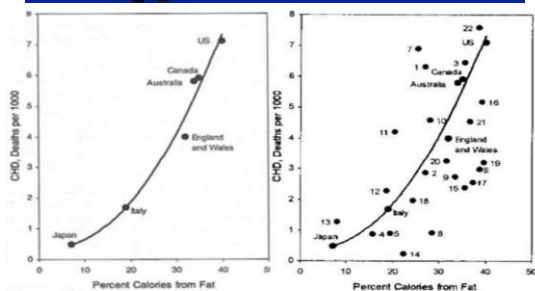


### Part 4- Dr. Ancel Keys- Seven Countries and the Lipid Hypothesis

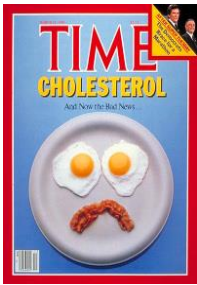


**LIPID HYPOTHESIS**

1. Saturated fat raises cholesterol
2. Cholesterol causes heart disease



**Part 5- Associations, Media and the Government get involved...**

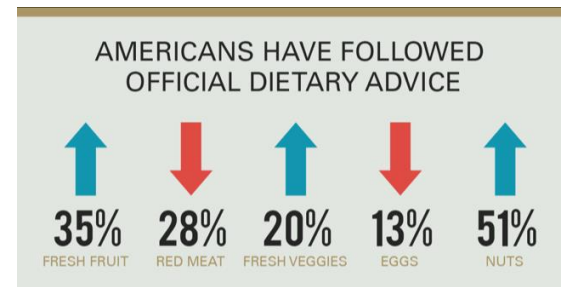


**Part 6- ....And the Snackwells Generation is born!**

**U.S. Dietary Goals (1977)**

- Increase carbohydrate intake to 55–60% total calories
- Decrease fat intake to less than 30% total calories
  - Decreased saturated fat to less than 10% total calories
  - Increase polyunsaturated and monounsaturated fat to 10% of caloric intake
- Decrease dietary cholesterol to 300 mg per day
- Reduce sugar consumption to 15% total calories
- Decrease salt intake to 3 grams per day

**Part 7- So... Did it work?**



**Homework- Don't fear the FAT!!!**

**Resources-**

The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet by Nina Teicholz

<https://www.amazon.com/Big-Fat-Surprise-Butter-Healthy/dp/1451624425>

What If It's All Been a Big Fat Lie by Gary Taubes- Article NY Times- July 7, 2002

<https://www.nytimes.com/2002/07/07/magazine/what-if-it-s-all-been-a-big-fat-lie.html>

Revisionist History Podcast Season 2 Episode 10-The Basement Tapes- Malcolm Gladwell

<http://revisionisthistory.com/episodes/20-the-basement-tapes>

Boundless Body Radio- The Big Fat Surprise with NY Times Bestselling Author Nina Teicholz!

<https://www.buzzsprout.com/1244183/7505005>