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Sugars & Fats

The human body is a design marvel. Our bodies are tremendously sophisticated and at the same time nearly indestructible. Many of us have attempted to see just how much we can abuse our bodies before it fails. Personally, I don't think that's a good idea since our bodies are not easily replaced! Most would agree that our bodies were designed very efficiently, whether your support is intelligent design or evolution. Since we should try to keep our bodies in the best possible shape let's look at an often forgotten (until it breaks) organ, the pancreas. The pancreas is a digestive organ that is essential in processing the foods we eat. With that in mind let's look at how the pancreas processes the different food groups: protein, fat, and carbohydrates.

The Professor's NEWSFLASH!

Did you know that only 1% of your pancreas is “designed” to handle sugars (carbs) while 99% is for handling protein and fat?1

What does this tell you about how you should eat? The quantity of carbohydrates compared to proteins and fats in your diet. Is it any wonder diabetes is running rampant.

The Professor's NEWSFLASH!

Did you know that prior to 1940, type-2 diabetes was literally nonexistent?

What has changed about both our health and diet to create this epidemic? Well, in addition to highly processed foods, trans fats, and decreased food quality overall, we consume loads more sugar than we did 50 years ago. Diabetes is not a disease with some mysterious cause. In most cases, it's caused simply by overloading the pancreas with sugar²—effectively

going against its natural usage, which is a diet very low in sugar and primarily consisting of protein and natural fats.

We've discussed fats before—the importance of avoiding damaged or unnatural fats as well as being sure to get sufficient healthy fats in your diet. Remember, that when you buy low-fat or low-calorie foods, you are typically getting more sugar. Manufacturers use sugar to mask the taste of their diet foods since their misguided removal of natural fats results in bland, tasteless food. Even though high fat can prevent fat burning, you cannot gain body fat from eating fat. The only way you gain body fat is by eating carbs—both the sweet and the starchy varieties.³

So in order to avoid getting too much sugar, or bad fats like trans fats or even fake fats, I highly recommend not eating low-calorie foods. The more unprocessed and natural a food is, the better it is for you. Of course, you can find a lot of high-carbohydrate foods that are all natural as well. So it is best to watch the sugar content of all foods. I never recommend depriving yourself of your favorite foods, instead eat what you want, keeping the high-carb foods in moderation. If your favorite food includes dangerous trans fats, or soy (Please see my June 2005 newsletter on Soy) only eat it rarely if ever. These are the only types of foods I do not recommend for consumption, ever.

I encourage you to look back over my newsletter archives for more details on carbs, protein and fats....

References:

1. Scientific Foundations of Biochemistry in Clinical Practice, David L. Williams, Vincent Marks, Butterworth-Heinemann, September 1994, ISBN: 0750601671
2. Dutto, S.K. and Hlasko, J. (1985). Dietary fibre in pancreatic disease: effect of high fibre diet on fat mal absorption in pancreatic insufficiency and in vitro study of the interaction of dietary fibre with pancreatic enzymes. *Amer J Clin Nutr*, 41, 517-525.
3. Basic Medical Biochemistry: A Clinical Approach, pg. 510. Dawn B. Marks, Allan D. Marks, Colleen M. Smith, Lippincott, Williams & Wilkins, August, 1996, ISBN: 068305595X

If you have any questions or comments about this month's newsletter please e-mail the professor at: prof-nutrition@sbcglobal.net

This Month's Low-Carb Recipe: Flank Steak Hong Kong Style

INGREDIENTS

Flank steak (2 pounds)
2 Tbsp chopped parsley

Marinade

1/4 cup soy sauce
1/4 cup dry sherry
1 tbsp minced ginger
1 tbsp fine minced garlic
1 tbsp peanut oil
1 tbsp Asian style sesame oil
1 tbsp rice vinegar
1 tbsp honey
1 tsp Asian style chili oil
Salt and pepper to taste

PREPARATION

1. Using a shallow bowl, combine the marinate ingredients.
2. Coat the flank steak well with marinade and leave covered for 8 hours or overnight in the refrigerator, turning twice.
3. Remove from fridge 30 minutes before you grill. Scrape bits of garlic off the steak.
4. On a high heat, cook on a well oiled grill about 3 inches from the heat for 4 minutes per side (medium rare meat). Remove and let rest for 10 minutes prior to slicing.
5. Cover a carving board with foil and remove lamb from oven. Place roasting pan over high heat bringing juices to a boil. Boil until thickened and syrupy. Strain into a gravy boat or pitcher for serving.
6. On the diagonal, slice steak thinly and arrange on platter. Garnish by sprinkling with chopped parsley then serve.

Only 1 gram of carbs - serves 4.

Enjoy!