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The Truth About Dietary Fat and Cholesterol

It is essential to distinguish between dietary fat (what we eat) and body fat (how we look). This is fundamental in becoming lean-for-life and healthy. I was recently standing at the meat counter in my grocery store when I overheard the following conversation between a butcher and a customer.

Butcher: “Lady, do you want the 95% lean hamburger meat, or the 80% lean meat?”

Customer: “I love the 80%, but I know the excess fat will go directly to my thighs (then she slaps her left thigh and laughs)!”

This is the heart of the problem. People attempting to eat healthy but they have no info, or bad info when making decisions. Many times the right decision appears intuitive, but instead of intuition rely on the science. Now let’s look to science to help us.

Dietary fat does not go to excess body fat. This is elementary biology, even though it flies in the face of everything you hear in the popular press. Fact is, the only way dietary fat, as in the fats on meat or in dairy products for example, can affect weight loss is by keeping the body from burning your stored body fat as energy. Your body will use the fat you eat before using your stored fat. So concerns over putting weight on by eating natural fats are completely unfounded. It’s a basic misunderstanding of how your body handles the foods you eat. That is why I recommend reducing saturated fat while increasing first class protein for weight loss. This works wonders with the addition of EFAs to kick your body into fat-burning mode and kill those carbohydrate cravings.

The replacement of dietary fat with dietary carbohydrate failed to reverse the trend of an increasing incidence of obesity in the population. The reason for this is simple. Carbohydrates = sugar, therefore increased levels of sugar in the diet only contributes to storing more and more body fat. And don’t forget, carbohydrate does not only refer to sweet sugars, but starchy sugars as well.

Life-Systems Engineering Science Analysis:

Adipose tissue (body fat) is stored only when eating carbohydrates.

13 Important facts about cholesterol in humans that you probably did not know:

- Cholesterol is produced by the body in large quantities relative to other substances.
- All cells contain it and all tissues make it.

- Cholesterol is so important that every cell regulates its own level internally.

- Cholesterol gives cell membranes their integrity and strength: without cholesterol we would be soft, flabby and worm-like.

- Cholesterol enhances the permeability-barrier properties of the lipid bi-layer. This means that nutrients get in and impurities are kept out. This is critical for proper cell nutrition.

Ref: Michael W. King, PhD / IU School of Medicine.& Bruce Alberts, Ph.D. et al. Molecular Biology of the Cell (3rd Edition). Garland Publishing, New York, 1994. p.481.

- Bone would be hollow and brittle if it were not for cholesterol and protein.

- Cholesterol has a major structural role in the brain, where it is found in high concentrations.

- Cholesterol enables nerve impulses.

- Vitamin D is made from the interaction between cholesterol and sunlight hitting your skin, so that calcium can be utilized. A defective cholesterol structure is at the heart of sun-cancer issues. Furthermore, ask your dermatologist to explain why there are more skin cancers on the body where sunlight doesn't hit? He likely won't like the question.

- Bile, manufactured by the liver and essential for proper fat digestion, is produced from cholesterol. A major portion of the body's cholesterol is used by the liver to produce bile salts. These salts are crucial in digestion to make sure fats get broken down and that oil-soluble vitamins (A, D, E, K) get utilized.

- Cholesterol is essential for the liver and intestines to function properly.

- Cholesterol protects the skin against absorption of water-soluble toxins.

- Cholesterol holds moisture in so that we do not dehydrate. Cholesterol will give your skin a nice, naturally moisturized feel.

FACT: Dietary cholesterol does NOT = blood cholesterol. Did you know that your body produces large quantities of cholesterol daily regardless of what you eat? Most cholesterol is NOT produced by diet: "With even a 30% fat diet, increasing dietary cholesterol from 319 mg to 941mg per day [close to a 300% increase], the blood LDL only increased a mere 6% [6 points]!"

Did you also know that not getting enough healthy cholesterol in your diet can negatively affect your cholesterol levels? And I don't mean "good" and "bad" cholesterol. I mean the structure of your cholesterol is threatened by consumption of trans fats. Replacing healthy fats with damaged ones has been at the heart of the whole dietary fat scare for years, but only now is this fact coming to light.

"Saturated fat and cholesterol in the diet are not the cause of coronary heart disease. That myth is the greatest scientific deception of the century, and perhaps any century." George V. Mann, M.D. (1991), Professor of Biochemistry and Medicine - Vanderbilt University.

Cholesterol is actually a steroid. “Chol” = bile and “Sterol” = steroid. Steroids belong to a large and varied group of chemical compounds that are naturally produced by the body. Cholesterol is the most abundant steroid and it is used as building blocks for cell membranes, maintaining healthy cells, as an aid to digestion and in the manufacture of sexual hormones. Is it any wonder with most people eating low cholesterol and taking drugs to diminish “bad” cholesterol are affected by E.D. and other hormonal problems are rampant?

There is no clear correlation between serum [blood] cholesterol levels and the nature and extent of arteriosclerosis [heart] disease. Cholesterol levels in and of them selves are meaningless. 1,700 patients with heart disease analyzed clearly show more heart-related disease with cholesterol between 1 and 250 than between 300 and 400 or higher! I know this must be shocking to most of you. Obviously this is an inverse correlation from what you would expect with all of the “lower your cholesterol now” hype we’re endlessly subjected to.

In 1962, The American Heart Journal published the research of Dr. Marek and colleagues who searched for a correlation between cholesterol levels and atherosclerosis. Among 106 cases studied, the level of cholesterol did not affect atherosclerotic changes in plaque. Researchers Lande and Sperry, as early as 1936, also failed to find a correlation between cholesterol levels and atherosclerotic plaque.

When cholesterol’s natural structure is damaged, such as what is produced by your body when you eat a trans fats, for instance, this damaged cholesterol will be harmful to your cell structure. But good cholesterol, that is produced by your body when your diet is low in trans fats while you’re getting essential EFAs and good natural fats instead, will give you healthy cell structure and healthy hormone structure as well. Healthy cholesterol structure is fundamental, and yet it is completely ignored by those pushing drugs and foods that will not help you and can even harm your cholesterol structure. This is frustrating for those of us who know the truth about how your body works.

Over 90% of cholesterol is found in the body cells. If there is not enough cholesterol in the cell membrane, the walls lose their rigidity and expand outward, due to the inner pressure of the cell, leading to possible cell damage, or destruction.

Once again, this fact points to low cholesterol / damaged cholesterol / lack of good cholesterol in your diet and too many trans fats or other foods that contribute to damaged or insufficient healthy cholesterol intake.

Bottom line: Maintaining a healthy diet with sufficient first-class protein, good natural fats, reduced consumption of trans-fats and lower carbohydrate fruits and vegetables will make all the difference in your health.

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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: Spinach Soup Roman Style

INGREDIENTS

6 cups chicken broth
3 whole eggs
3 Tbsp grated Parmesan cheese
1/4 cup minced basil
2 Tbsp lemon juice
1/8 tsp ground nutmeg
1/4 tsp white pepper
1 Tbsp minced sparsely
8 cups fresh spinach (stems removed, washed and chopped)

PREPARATION

1. In a 4 qt saucepan bring chicken broth to a boil over medium heat.
2. In a small bowl beat together eggs, lemon juice, basil, Parmesan cheese, parsley, nutmeg and white pepper and set aside.
3. Slowly stir spinach into broth and simmer for 1 minute. Slowly pour egg mixture into broth using a whisk consistently so egg threads form.
4. Simmer for 2-3 minutes or until egg is cooked.* If desired you can add thin lemon slices and sparsely, floating in the center of the bowl for garnish.

*It's fine if soup looks curdled.

Enjoy!