

free radicals (sat fat vs. unsat fat vs. whole food)

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- *From:* "Davide" <davideb_music@xxxxxxxx>
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I'm quoting montygram:

Go to usda.gov, I think (I'm not on the computer that has it bookmarked), for the searchable database. They give a breakdown of all components in common foods, as well as some not so common foods. The study I cited makes a good point, which is that if what we've been told about how "bad" "saturated fats" are, these southeast Asian atoll people should be dropping dead of heart attacks like flies, but they have almost no heart attacks on their native diets, even with high cholesterol levels. What is the difference between an American who eats chicken and fish and turkey instead of pork and beef? Not much in terms of saturated fatty acid consumption, relative to peoples who eat coconut and palm kernel oil as dietary staples.

The evidence, when looked at as a whole, points to free radical damage from the unsaturated fatty acids,

But if one had to use your same argument then:

"if what you've been telling us about how "bad" unsaturated fats are, then populations of nuts eaters and fish eaters should be dropping dead of heart attacks like flies"

Examples like the Kitawans or the Okinawans

A study found that the consumption of unsaturated fats of Okinawans is very high, their consumption of EFA is very high and consumption of fish is 37 times greater than americans'

Yet they have one of the lowest heart disease and oxidative stress rate and the highest longevity rate world wide

It seems to me that the "whole food" argument contradicts what you've been saying

You seem to claim that unsaturated fats are bad per se and they're better avoided

You say that science backs this up

But you'll see that science back this up only as long as you observe the effects of consuming unsaturated fats as processed, distilled,

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long-stored and overcooked foods

But sciences doesn't back this up as far as whole foods rich in unsaturated fats are concerned

In other words massive consumption of nuts, seeds, fish and fatty foods like olive and avocados have never been shown to have adverse effects on one's health or to cause oxidative stress

You said you're trying to avoid all EFA and that EFA are bad?
But why?!

As long as you don't take EFA from processed oils and you just eat food like fish and nuts (like the Okinawans do) they won't increase your oxidative stress rate or increase your risk of heart disease

And as long as one eats greens, fish, nuts in their whole food state you can't avoid EFA
Even eating nothing but lettuce would provide you the 1-2 g of EFA one is supposed to need

Also I think the problem of oxidization is better treated with diets high in fruits and vegetables.

Many studies showed that the best way to lower oxidative stress was to increase the consumption of green, veggies and fruits ...

Davide

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