

combine low fat, low sugar, low simple carbohydrates, low oxalate, low purine dietary recommendations. Food shopping. Po

# Re: How to combine low fat, low sugar, low simple carbohydrates, low oxalate, low purine dietary recommendations. Food shopping. Portions preparations.

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2007-01/msg00489.html>

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- *From:* "Ron Peterson" <[ron@xxxxxxxxxxxxxx](mailto:ron@xxxxxxxxxxxxxx)>
  - *Date:* 18 Jan 2007 13:15:42 -0800
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spamfree@xxxxxxxxxxxx wrote:

On Tue, 16 Jan 2007 01:30:32 GMT, Jim Chinnis <[jchinnis@xxxxxxxxxxxxxx](mailto:jchinnis@xxxxxxxxxxxxxx)> wrote:

"Ron Peterson" <[ron@xxxxxxxxxxxxxx](mailto:ron@xxxxxxxxxxxxxx)> wrote in part:

Brains have high levels of omega 3 fatty acids, so they may be a nutritious food.

They are definitely nutritious.

Yet you claimed they were all fat when they are less than 10% fat?  
So what special nutrition are you claiming?

25% of the fatty acids in human gray matter is DHA, an omega 3 fatty acid. Some fats are essential to human nutrition, namely PUFAs (omega 6 and omega 3).

Certainly you have heard that trans fats and saturated fats are harmful in large amounts.

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Everything is harmful in large amounts. Trans-fats are harmful even in pretty small amounts. The same cannot be said for saturated fats.

But the worst thing is too many calories and the inevitable obesity. So where would you cut these calories from? Fat intake, if it is above 30% of your caloric intake? That's where the best "bang for the buck" lies in the calories reduction stakes.

The body burns equal amounts of calories of carbohydrates and fatty acids when exercising, so it would make more sense to just cut fat intake to be slightly less than carb intake on a calorie basis. Cut out the fats that aren't metabolized well such as the trans fats and saturated fats.

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Ron

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