

Re: The lipid hypothesis

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2007-01/msg00621.html>

- *From:* Enrico C <use_replyto_address@xxxxxxxxxx>
 - *Date:* Wed, 24 Jan 2007 18:51:43 +0100
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On 23 Jan 2007 21:31:33 -0800, Ron Peterson wrote:

[...]

Other papers show that it is the ratio of saturated fats that is important, not the actual consumption, for determining cholesterol levels. But cholesterol levels alone don't determine cardiovascular risk.

Yet...

<http://www.health.gov/DIETARYGUIDELINES/dga2005/document/html/chapter6.htm>

Dietary Guidelines for Americans 2005

High intake of saturated fats, trans fats, and cholesterol increases the risk of unhealthy blood lipid levels, which, in turn, may increase the risk of coronary heart disease.

[...]

Consume less than 10 percent of calories from saturated fatty acids

[...]

and...

http://www.fda.gov/OHRMS/DOCKETS/ac/04/briefing/4035b1_02_low%20fat%20criterion.htm

The first coronary heart disease (CHD) risk health claim authorized by FDA is a claim that related diets low in saturated fat and cholesterol to reduced risk of CHD (101.75). In authorizing this health claim in 1993, FDA concluded that the scientific evidence linking diets low in saturated fat and cholesterol to reduced risk of CHD is strong.

even if...

http://www.fda.gov/ohrms/dockets/AC/04/minutes/4035m1_FinalSummaryMinutes.pdf

[...]

Question #3: When compared to saturated fatty acids, are trans fatty acids considered to be more, less or similarly adverse with respect to coronary

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heart disease?

[...]

Vote on Question 3: Dr. Krinsky called for a vote on Question 3. The vote was 8 yes s, zero no s, zero abstentions, that trans fatty acids are more adverse with respect to CHD

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