

# Will New 2015 Dietary Guidelines Reverse Four Decades of Foolish Fat Phobia?

## Dietary Guidelines Advisory Committee Ditches Cholesterol and Total Fat Limits

Healthy fat and cholesterol have, for decades, been wrongfully blamed for causing heart disease, and it's like a breath of fresh air to finally see the advisory committee is taking note of the accumulated science.

With regards to cholesterol, the panel concluded it "is not a nutrient of concern for overconsumption," noting the absence of a link between dietary cholesterol and heart disease.

Until now, the American dietary guidelines have recommended limiting dietary cholesterol to 300 milligrams (mg) per day, which amounts to about two eggs. As noted by Steven Nissen, chairman of the Department of Cardiovascular Medicine at the Cleveland Clinic:

*"Many of us for a long time have believed the dietary guidelines were pointing in the wrong direction. It is long overdue."*

**Similarly, the report recognizes that reducing total fat intake has no bearing on heart disease risk either. Nor does it reduce your risk of obesity. Instead, mounting research shows that sugar and refined grains are in fact the primary culprits.**

As noted by *Forbes Magazine*:<sup>6</sup>

*"[T]he recommendation to have no more than 35 percent of your calories coming from fats is over. 'Placing limits on total fat intake has no basis in science and leads to all sorts of wrong industry and consumer decisions,' said Dariush Mozaffarian, one of the authors of the new [JAMA] paper."*<sup>7</sup>

*"Modern evidence clearly shows that eating more foods rich in healthful fats like nuts, vegetable oils, and fish have protective effects, particularly for cardiovascular disease."*

*Other fat-rich foods, like whole milk and cheese, appear pretty neutral; while many low-fat foods, like low-fat deli meats, fat-free salad dressing, and baked potato chips, are no better and often even worse than full-fat alternatives. It's the food that matters, not its fat content."*

**Research has consistently demonstrated that low-fat diets do not prevent heart disease. On the contrary, the low-fat craze has undoubtedly done more harm than good, as your body needs healthy fat for optimal function.**

### **Take-Home Message: You Need Unprocessed Saturated Fat—It's Good for You**

Focusing your diet on raw whole, ideally organic, foods rather than processed fare is perhaps one of the easiest ways to sidestep dietary pitfalls like excess [sugar/fructose](#), harmful trans fats, genetically modified organisms (GMOs) and other harmful additives, while getting plenty of healthy nutrients. The rest is just a matter of tweaking the ratios of fat, carbs, and protein to suit your individual situation. One key though is to trade refined sugar and processed fructose for healthy fat, as this will help optimize your insulin and [leptin](#) levels.

Healthy fat is particularly important for optimal [brain function and memory](#). This is true throughout life, but especially during childhood. So, if processed food still make up the bulk of your meals, you'd be wise to reconsider your eating habits. Not only are processed foods the primary culprit in obesity and related diseases, including insulin resistance and type 2 diabetes, processed foods can also affect the IQ of young children. One British study<sup>14</sup> revealed that kids who ate a predominantly processed food diet at age three had lower IQ scores at age 8.5. For each measured increase in processed foods, participants had a 1.67-point decrease in IQ. Another study published in the journal *Clinical Pediatrics*<sup>15,16,17</sup> also warns that frequent fast food consumption may stunt your child's academic performance. For more detailed dietary guidance, please see my optimal [nutrition plan](#). It's a step-by-step guide to feeding your family right, and I encourage you to read through it. I've also created my own "food pyramid," based on nutritional science, which you can print out and share.