

Fat facts, fads and fallacies

Alan D. Clark, MD

Email: aclark@erworld.com

Abstract

Fatty acids play an enormous role in health maintenance. While the chemical classification and vocabulary of fats is well elucidated, albeit unwieldy, the benefits and harms of this dietary group has only recently begun to be uncovered with the help of impartial research. Trans fatty acids, introduced to replace supposedly harmful saturated fats, may be responsible for much of our society's cardiovascular disease. Efforts to remove this source of injury will take years, but public education is just around the corner. The essential fatty acids, particularly the omega-3 group, have a multitude of disease modifying benefits which should make dietary supplementation a high priority. Saturated fats have been largely mis-represented by Industry. In contrast, legitimate research over the last 2 decades has slowly outlined the real benefits of naturally occurring palm oils, once considered taboo. Patients will soon benefit from this new paradigm as physicians teach the *fats of life*.

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