



SHAPING A HEALTHY FUTURE



**SATURDAY
14 MAY 2016**

9AM – 4PM

**UCSI UNIVERSITY
SOUTH WING**

For more information on UCSI Family Carnival and Charity Drive,
visit: http://30years.ucsiuniversity.edu.my/index_18.htm

VEGETABLE FAT NOT THE ROUTE TO A HEALTHY HEART

Replacing animal fat in the human diet with vegetable oil seems not to lower heart disease risk, and might even boost it, according to a study published Wednesday that challenges a cornerstone of dietary advice.

Switching from saturated to unsaturated Omega-6 fats did result in lower blood cholesterol in a trial with nearly 10,000 participants, it said, but not the expected reduction in heart disease deaths.

In fact, those with a greater reduction in cholesterol "had a higher rather than a lower risk of death," according to the research published by The medical journal BMJ.

For 50-odd years, animal fat in meat, butter, cheese and cream has been the bad boy of the diet world — blamed for boosting artery-clogging cholesterol linked to heart disease and stroke.

In 1961, the American Heart Association recommended vegetable oils replace saturated fats — a position it still holds even as some research has started to challenge that hypothesis.

The World Health Organization also advises that saturated fats should comprise less than 10 percent of total energy intake.

Click here for the full story at freemalaysiatoday.com.

