

Evidence that Refined Carbohydrates Threaten the Heart

Curious Cat Science and Engineering Blog

[More Evidence that Refined Carbohydrates, not Fats, Threaten the Heart](#) [1]

Eat less saturated fat: that has been the take-home message from the U.S. government for the past 30 years. But while Americans have dutifully reduced the percentage of daily calories from saturated fat since 1970, the obesity rate during that time has more than doubled, diabetes has tripled, and heart disease is still the country's biggest killer. Now a spate of new research, including a meta-analysis of nearly two dozen studies, suggests a reason why: investigators may have picked the wrong culprit. Processed carbohydrates, which many Americans eat today in place of fat, may increase the risk of obesity, diabetes and heart disease more than fat does – a finding that has serious implications for new dietary guidelines expected this year.

...

Right now, Post explains, the agency's main message to Americans is to limit overall calorie intake, irrespective of the source. "We're finding that messages to consumers need to be short and simple and to the point," he says. Another issue facing regulatory agencies, notes Harvard's Stampfer, is that "the sugared beverage industry is lobbying very hard and trying to cast doubt on all these studies."

[The medical studies about what food to eat to remain healthy can be confusing](#) [2]

but some details are not really in doubt. So while the exact dangers of processed carbohydrates, fat, excess calories and high fructose corn syrup may be in question their is no doubt we, in the USA, are [not as healthy as we should be](#) [3]. And food is a significant part of the problem. [Eat food, not too much, mostly plants](#) [4] and get enough exercise is good advice.

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