

The skinny on dietary fats

By Andrew Loscutoff
Correspondent

Dietary fat has a history of polarized paradigms. Whether it was the theory that saturated fats cause heart attacks, to the belief that fat reduces obesity and diabetes, the saga continues. In order to catch readers’ eyes or to sell a book, people often extrapolate data and state an overarching assumption as fact, taking a simplistic and reductionist mindset to one end or another of the spectrum.

Fat is either to be loved or hated, and there is no middle ground.

Dietary fat is essential to the diet: either too much or too little a bad thing. The most important thing to remember is that whole foods, minimally processed and maximally nutrient, are superior to any fat diet.

Dietary fat became “evil” in the 1960s and 1970s when a scientist named Ancel Keys asserted a correlation between heart disease and saturated fats. His research was based on the epidemiological data from his research into mortality and diet of other countries.

The countries with the lowest heart disease had lower intakes of saturated fats.

This data-point ballooned into the widespread villainizing of fats and led to Americans ditching fats for more carbohydrates.

This increase in carbohydrates led to more snack foods, higher consumption of sugars, and overall, higher amounts of calories consumed. This fueled the rapid increase in overweight and obese people that was observed in the 1980s and 1990s.

Recently, fats are back in favor because re-examination of the original studies indicating that the correlations made between dietary fat, cholesterol, and heart disease may not actually show causation. In fact, it is now more accepted that a variety of lifestyle and epigenetics determine a person’s heart condition.

Now that fat is not the villain, diets of fat up to 80 or 90 percent have been propagated. The new zealots of diet make the claim that sugar is the enemy and carbohydrates of all kinds cause obesity, diabetes and heart disease. The

Atkins diet, the William Davis wheat belly theory, and, most recently, ketogenic diets have replaced the low-fat/high carbohydrate protocols of yesteryear. Was nothing learned the last time an entire food group was villainized and an extreme approach was in vogue?

If only it were black and white.

Before jumping on a bandwagon of dietary extremism, ask yourself what it is about current food habits that ought to be changed. Often, if someone were to moderate their treats, snacks, and processed foods, it would have a bigger impact on their well-being than waving the flag of the diet de jour. Eventually diets fail. It is unsustainable to avoid all carbohydrates or fat.

The best piece of advice will always be to gravitate back toward the diet being mostly based on whole foods, avoiding additional calories in forms of processed oils, sugars, and refined carbohydrates. Get adequate amounts of healthy protein. Avoid liquid calories.

It’s not too complicated, and simple changes are always a good start.

TENNIS: Outlaws are playing strong this season

Continued from page 10

Weber also continued his winning ways at the No. 2 singles spot. Nate beat Trystyn Weinberger 6-0, 7-6.

“Nate gets better with each match,” said Click. “He practices a lot on his own, and it shows as he’s making fewer errors. The more match experience he gets, you can see him getting smarter with how he constructs points. There’s a purpose every time he strokes the ball.”

Isaiah Chapen (No. 3 singles) beat Cameran Jepps 6-2, 6-3, and is now 2-1 in league play.

“Isaiah plays an accurate and consistent ball with backspin that causes problems,” said Click. “He forces his opponent to the net, and then wins points by placing his next shot over or by the other player.”

Sisters could have won the match with a win in any of the doubles matches, and the No. 2, 3, and 4 doubles teams came close. Aaron Johnson and Sam Mayes, George Bates and Drew



PHOTO BY JERRY BALDOCK

Aaron Johnson makes a return in a match against Mollalla.

Collins-Burke, and Colton Seymour and Jack Bullis all took their opponents to three sets, and all lost close in 6-4 third sets.

Click said, “Our two league losses and tie were nail-biters. A point or two difference in the right place and those matches are team wins. We’re competitive in every league match, and team is getting into it. Players are beginning to understand how their effort affects the team’s success. And they care.”

Sisters was to play at home against Crook County on Tuesday, April 24. They will travel to Philomath on Thursday.

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