

## **How much Healthy fats one should eat**

The “Cholesterol - Heart Hypothesis” has dominated the medical and research field for almost 50 years despite the absence of substantial scientific evidence. The emerging science supports that the natural, healthy fats of the plant origin improve blood lipid profile by increasing the level of good cholesterol (HDL) and lowering the level of bad cholesterol( LDL), and Triglycerides. The misguided warning of replacing the healthy fat in the diet with low fat or no-fat foods led to diets rich in the carbohydrates. The high carb in the diet is the primary culprit behind the modern epidemics of Obesity, Type2 Diabetes, Metabolic syndrome, and heart disease. To overcome these epidemics, the populations must revert in time 50 years to their traditional way of eating fats as follows:

- Cold compressed natural plant oils-4 to 6 teaspoons (20-30 gm/day).
- Eliminate highly inflammatory human-made hydrogenated fats from their diet – refined oils and trans fats hidden in the commercial packaged and baked foods
- Eat small amounts of saturated fats – Butter and Ghee -1 to 3 teaspoons (5-15gm)/day