

Healthy Diet

The dietary guidelines were launched in 1980. The first guidelines were actually written by a single Senate staffer who just so happened to be heavily influenced by certain scientists, and this first edition laid the groundwork for what has turned into decades of flawed advice. The original guidelines issued in 1980 called for a diet lower in fat and higher in carbohydrates, and by 2010, Americans had indeed brought their fat consumption down below 35 percent, and increased carbohydrates to 55 to 65 percent.

Processed Vegetable Oils Have Done Great Harm

As noted by Nina Teicholz, the rise in heart disease in the U.S. goes in perfect lockstep with the rise in vegetable oils in the early 1920's and 30's. It was an unintended consequence of getting rid of saturated fats—a move partly orchestrated by the industry, which developed ways to extract oils from seeds and beans.

Today we're dealing with another, very similar fallout. Once the FDA banned **trans fats**, the food industry started using interesterified fats and traditional **vegetable oils**, which produce extremely toxic byproducts when heated. One category called aldehydes are highly **inflammatory**, and may promote heart disease and Alzheimer's.

So by not going far enough, and failing to make the recommendation to switch back to lard and other *healthier fats*, we may simply have jumped from the proverbial frying pan into the fire.

Saturated Fat Is Still Wrongly Vilified

The 2015-2020 dietary guidelines still recommend capping saturated fat consumption at a maximum of 10 percent of your daily calories. Nina Teicholz has done serious study in this area, and she offers the following rebuttal to those who insist saturated fat should be limited to protect your heart health:

*“Saturated fats were condemned in the 1950s because they raised **total cholesterol**. When they could do better measurements, it shifted from total cholesterol to **LDL cholesterol**. But neither total nor LDL cholesterol tracks very well with your heart attack risk. In other words, you're just as likely to get a heart attack if you have high LDL as you have low LDL. According to more reliable biomarkers – HDL cholesterol, triglycerides, LDL particle number, and LDL sub-fraction [LP(a)/LP(b)] size, are more up-to-date biomarkers that more reliably track heart attacks. **Saturated fats** look perfectly good, if not healthy. In fact, saturated fats are the only food you can eat if you were **to raise your HDL...**”*

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In the last five years, nearly a dozen systematic reviews and meta-analyses have looked at clinical trial data, concluding that saturated fats have no adverse effect on cardiovascular mortality, **restricting total carbohydrates is an effective way to fight obesity, diabetes, and heart disease.**"

"Excessive carbohydrates, if you have too many net carbohydrates and too little fat, that diet seems to worsen heart disease risk factors. The shifting away from fat to carbohydrates over the last three and a half decades is plausibly what has provoked obesity and diabetes."

An Exceptional High-Fiber Food

One of the fastest ways to **destroy your health** is to eat a diet **high in net carbs and protein and low in healthy fats**. Considering the fact that 80 percent of Americans are insulin resistant and eat in this way, it's no surprise that *obesity rates* are on a steady climb.

While no one diet is perfect for everyone, as a general rule, most people could benefit by restricting net carbs (total carbs minus fiber) to less than 50 grams per day. If you exercise a lot or are very active, you might be able to increase it to 100 grams.

For example, grains, rice, pasta, potatoes and vegetables are all carbohydrates. However, because vegetables are so high in fiber, they're very low in net carbs. This is why you can eat virtually unlimited amounts of veggies on a low-carb diet. It's really the *fiber content* that differentiates "good" carbs from the "bad."

To determine your net carbs, simply subtract the fiber from the total carbs, and that's your total non-fiber or "net" carbs.

Fiber-rich carbs (mostly vegetables), are essential for good health because they break down into short-chain fatty acids in your gut, which helps make ketones and nourish your body.

Shirataki Noodles

Vegetables aren't the only high-fiber food though. A food you may never have heard of is ***shirataki noodles***, which may be the epitome of a low net carb food, containing about 97 percent water and 3 percent fiber, zero calories, and no digestible carbs.

They're long, white, and translucent noodles, sometimes referred to as konjac noodles or miracle noodles. They're made from glucomannan fiber from the root of the konjac plant (aka devil's tongue yam). As explained by Authority Nutrition:¹