

# **SEMINAR**

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**TOPIC - Saturated fats and heart disease.**

## **LEARNING POINTS:**

### **Saturated Fats and Heart Disease:**

- Saturated fats are primarily found in animal products and some plant sources.
- Historically, they have been associated with increased risk of heart disease.
- However, recent research challenges this association, suggesting that the relationship between saturated fat intake and heart disease risk is more complex than previously thought.

### **Importance of Saturated Fats in Diet:**

- Saturated fats are essential for various bodily functions, including energy production, hormone synthesis, and cellular structure.
- Recommendations for saturated fat intake vary, with the American Heart Association suggesting less than 10% of daily calories come from saturated fats.

### **Research and Findings:**

- Studies like the Seven Countries Study and the Minnesota Coronary Survey have provided insights into the relationship between dietary fats and cardiovascular health.
- Some recent meta-analyses and reviews have challenged the traditional view that saturated fat intake is strongly linked to heart disease risk.

### **Food Sources of Saturated Fats:**

- Common sources include lean meats, dairy products, coconut oil, and dark chocolate.
- Choosing lean cuts of meat and low-fat dairy products can help reduce saturated fat intake.

### **Trans Fats:**

- Trans fats, found in some processed foods, have been linked to increased heart disease risk.
- It's important to limit intake of foods containing trans fats.

### **Importance of Food Matrix:**

- The composition and structure of foods influence how they are digested and metabolized in the body.
- Whole foods, such as cheese and yogurt, contain not only saturated fats but also other nutrients that may affect health outcomes.

### **Conflicts of Interest:**

- Some studies have raised concerns about potential conflicts of interest among researchers and organizations involved in shaping dietary guidelines.