Date: March 17, 2014

Source: The New York Times

Author: Anahad O’Connor

This article is about a study recently done by Dr. Rajiv Chowdhury of Cambridge University which showed that saturated fats are not as big of a problem in terms of contracting heart disease as thought for the last many decades. In the study it was found that carbohydrates were a much larger issue in terms of preventing heart disease than saturated fats, because they cause more dense LDL, as opposed the the more “fluffy” and benign LDL that saturated fats create. All of this goes to show that omega-3 proteins should be used to prevent heart disease instead of treating it.

I chose this article because nutritional breakthroughs such as this one are very important but can also take a long time to be learned about it due to the obscure places where the research comes from.

Do you think that eating steak could possibly be healthy?