saturated fat raise bad cholesterol(Consuming   
cholesterol has surprisingly little influence: the reason it has a   
bad name is that it is found in animal foods that also tend to be   
high in saturated fat.)

(HDLs), or "good cholesterol", on the   
other hand, help guard against arterial plaques. Conventional wisdom   
has it that HDL is raised by eating foods rich in unsaturated fats   
or soluble fibre such as whole grains, fruits and vegetables. This,   
in a nutshell, is the lipid hypothesis, possibly the most   
influential idea in the history of human nutrition.

Keys concluded that there was a correlation between saturated fat in   
food, raised levels of blood lipids and the risk of heart attacks   
and strokes. The lipid hypothesis was born.

page1

Saturated fat, unsaturated fat, trans fat. What’s good? What’s bad? Good cholesterol, bad cholesterol. What are they?

page2

Saturated fat raise bad cholesterol, which correlates with cardiovascular diseases.

page3

Trans fat is unsaturated fat that is artificially made. Trans fat also causes heart diseases.

page4

Natural unsaturated fat, however, does not cause cardiovascular diseases because it combines with the “good cholesterol.”

page5

From dozens of researches involving more than half a million people, scientist still cannot conclude a single kind of fat that is responsible for unhealthy eating habit. However, we can conclude that low-fat diet had lowered the cardiovascular diseases.

Legumes

page1

Is there an ideal diet? And by diet, we do not mean a way to lose weight. We mean an ideal food to eat.

page2

YES. From research, legumes(beans and seeds) are the most significant predictor of life expectancy. More beans and seeds means longer life.

page3

Fish and olive oil consumption are a notable mention. “With every 20 grams increase in fish and shellfish intake, there was a 6% decrease in the hazard of death.”

page4

Decrease in saturated fat intake is also another factor that increase life expectancy.

page5