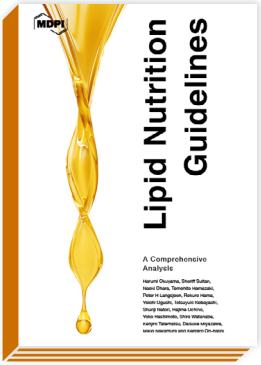
Lipid Nutrition Guidelines



Edited by
Harumi Okuyama et al.
mdpi.com/books/pdfview/mono/3642
ISBN 978-3-03943-945-4 (Hbk)
ISBN 978-3-03943-946-1 (PDF)
Published: April 2021

Ever since the publication of Ancel Keys' watershed 'Seven Countries Study' in 1970, medical thinking has posited a causal link between the intake of animal fats and coronary heart disease. The research of Prof. Harumi Okuyama and his colleagues presented in this new publication suggests that this link is in fact tenuous. It goes beyond that to suggest that current medical wisdom regarding lipid nutrition may actually be counter-productive. This ground-breaking analysis is likely to be debated for many years to come.

The 'Seven Countries Study', which identified the specifics of the Mediterranean Diet and awarded it a central position in combating coronary heart disease, triggered significant changes in Western diets. Most notably, it stimulated a widespread attempt to reduce animal fats and replace them with vegetable fats. The low-density lipoprotein (LDL) element of the cholesterol naturally present in animal-source foods was dubbed a killer, and a significant industry developed around the provision of plant-based oils and fats. The clinical consensus on cholesterol was further strengthened in 1987 by the introduction of statins, an innovative class of drugs that reduce LDL production in the liver and are designed to help guard against coronary heart disease.

Thirteen Nobel Prizes have been awarded to scientists who devoted major parts of their careers to cholesterol research. It is therefore a brave research team that dares to challenge the link between animal fats and coronary heart disease. This, however, is precisely what Prof. Okuyama and his team set out to do in this book. They actually recommend increasing the intake of cholesterol and animal fats, to an extent that does not lead to obesity.

This recommendation is based on the discovery by Prof. Okuyama and his team that common vegetable oils such as canola and hydrogenated vegetable fats have toxic effects. They demonstrate that hydrogenated vegetable fats and oils are important culprits in atherosclerosis and other lifestyle diseases, and suggest that high total or LDLcholesterol is not the cause of atherosclerosis or cardiovascular disease.

MDPI Books

Publishing Open Access Books & Series

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.

Open Access
Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.

Author Focus
Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.

High Quality & Rapid Publication
MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.

High Visibility
Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), the Verzeichnis lieferbarer Bücher (VLB).

Print on Demand and Multiple Formats
MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.

MDPI
St. Alban-Anlage 66
4052 Basel, Switzerland
Tel: +41 61 683 77 34
Fax: +41 61 302 89 18
www.mdpi.com
books@mdpi.com

Learn more ▸ mdpi.com/books